



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Schäge, Rico

Club: Arnstadt

Number: 304

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 47:59

Speed: 12.50 km/h

Running performance: 4:48 min/km

Rank in course/Total: 55 (of 104)

Rank in course/Men: 51 (of 85)

Best time in course: 35:37

Rank in category: 11(of 15)

Best time in the category: 36:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.70	7:39	4:30	12	1:40	53	1:58	1.70	7:39	4:30	11	1:40	14		
Lap 2	2.34	11:15	4:48	11	2:35	51	2:48	4.04	18:54	4:40	11	4:15	14		
Lap 3	2.34	11:29	4:54	11	2:51	52	3:03	6.38	30:23	4:45	11	7:06	14		
Lap 4	2.34	11:29	4:54	11	2:57	51	3:02	8.72	41:52	4:48	11	10:03	13		
Last lap Finish	1.28	6:07	4:46	10	1:29	53	1:31	10.00	47:59	4:47	11	11:32	51	12:22	