



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Meier, Rene

Club: 1. SV Dienststedt-Hettstedt
Number: 388

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 48:03

Speed: 12.49 km/h
Running performance: 4:48 min/km

Rank in course/Total: 56 (of 104)

Rank in course/Men: 52 (of 85)

Best time in course: 35:37

Rank in category: 10(of 12)

Best time in the category: 38:36

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	7:32	4:25	8	1:12	51	1:51	1.70	7:32	4:25	11	0:38	13		
Lap 2	2.34	11:19	4:50	11	2:11	53	2:52	4.04	18:51	4:39	11	1:25	13		
Lap 3	2.34	11:30	4:54	10	2:27	53	3:04	6.38	30:21	4:45	10	5:50	13		
Lap 4	2.34	11:34	4:56	10	2:27	52	3:07	8.72	41:55	4:48	10	8:17	1	-	
Last lap Finish	1.28	6:08	4:47	11	1:10	54	1:32	10.00	48:03	4:48	10	9:27	52	12:26	