



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Graff, Mario

Club: Katholische Laufjugend Arnstadt

Number: 324

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 48:08

Speed: 12.47 km/h

Running performance: 4:49 min/km

Rank in course/Total: 58 (of 104)

Rank in course/Men: 53 (of 85)

Best time in course: 35:37

Rank in category: 6(of 13)

Best time in the category: 38:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	7:43	4:32	7	1:38	54	2:02	1.70	7:43	4:32	6	1:38	1	-
Lap 2	2.34	11:41	4:59	7	2:52	58	3:14	4.04	19:24	4:48	6	4:30	1	-
Lap 3	2.34	11:28	4:54	7	2:35	51	3:02	6.38	30:52	4:50	6	7:05	1	-
Lap 4	2.34	11:20	4:50	5	2:10	48	2:53	8.72	42:12	4:50	6	9:15	11	0:17
Last lap Finish	1.28	5:56	4:38	5	0:53	45	1:20	10.00	48:08	4:48	6	10:08	53	12:31