



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Schmidt, Christian

Club: Großschwabhausen

Number: 398

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 48:21

Speed: 12.41 km/h

Running performance: 4:50 min/km

Rank in course/Total: 60 (of 104)

Rank in course/Men: 54 (of 85)

Best time in course: 35:37

Rank in category: 10(of 14)

Best time in the category: 35:37

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	7:12	4:14	10	1:31	47	1:31	1.70	7:12	4:14	10	1:31	11		
Lap 2	2.34	11:00	4:42	10	2:33	47	2:33	4.04	18:12	4:30	10	4:04	11		
Lap 3	2.34	12:07	5:10	10	3:41	65	3:41	6.38	30:19	4:45	10	7:45	11		
Lap 4	2.34	11:54	5:05	10	3:27	56	3:27	8.72	42:13	4:50	10	11:12	10	0:18	
Last lap Finish	1.28	6:08	4:47	11	1:32	54	1:32	10.00	48:21	4:50	10	12:44	54	12:44	