



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Freyer, Marcus

Club: KLA

Number: 392

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 49:23

Speed: 12.15 km/h

Running performance: 4:56 min/km

Rank in course/Total: 64 (of 104)

Rank in course/Men: 55 (of 85)

Best time in course: 35:37

Rank in category: 7(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.70	8:04	4:44	10	1:59	62	2:23	1.70	8:04	4:44	7	1:59	10	0:21
Lap 2	2.34	11:32	4:55	6	2:43	55	3:05	4.04	19:36	4:51	7	4:42	10	0:12
Lap 3	2.34	11:18	4:49	6	2:25	50	2:52	6.38	30:54	4:50	7	7:07	10	0:02
Lap 4	2.34	12:01	5:08	8	2:51	61	3:34	8.72	42:55	4:55	7	9:58	9	1:00
Last lap Finish	1.28	6:28	5:03	8	1:25	62	1:52	10.00	49:23	4:56	7	11:23	55	13:46