



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Hochsattel, Hans-Jörg

Club: WSV08 Ilmenau

Number: 395

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 49:34

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 65 (of 104)

Rank in course/Men: 56 (of 85)

Best time in course: 35:37

Rank in category: 5(of 7)

Best time in the category: 40:36

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	8:10	4:48	6	1:37	66	2:29	1.70	8:10	4:48	5	1:37	9	0:27
Lap 2	2.34	11:36	4:57	5	2:08	56	3:09	4.04	19:46	4:53	5	3:45	9	0:22
Lap 3	2.34	11:37	4:57	4	2:06	54	3:11	6.38	31:23	4:55	5	5:51	9	0:31
Lap 4	2.34	11:52	5:04	5	2:14	55	3:25	8.72	43:15	4:57	5	8:05	8	1:20
Last lap Finish	1.28	6:19	4:56	5	1:02	60	1:43	10.00	49:34	4:57	5	8:58	56	13:57