



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Spranger, Steffen

Club: Jo Ho Stüba

Number: 384

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 49:39

Speed: 12.08 km/h

Running performance: 4:58 min/km

Rank in course/Total: 66 (of 104)

Rank in course/Men: 57 (of 85)

Best time in course: 35:37

Rank in category: 12(of 15)

Best time in the category: 36:27

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	7:11	4:13	11	1:12	46	1:30	1.70	7:11	4:13	12	1:12	8	
Lap 2	2.34	11:39	4:58	12	2:59	57	3:12	4.04	18:50	4:39	12	4:11	8	
Lap 3	2.34	12:11	5:12	13	3:33	66	3:45	6.38	31:01	4:51	12	7:44	8	0:09
Lap 4	2.34	11:57	5:06	12	3:25	58	3:30	8.72	42:58	4:55	12	11:09	7	1:03
Last lap Finish	1.28	6:41	5:13	13	2:03	66	2:05	10.00	49:39	4:57	12	13:12	57	14:02