



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Fleischer, Stephan

Club: Katholische Laufjugend Arnstadt
Number: 322

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 49:40

Speed: 12.08 km/h
Running performance: 4:58 min/km

Rank in course/Total: 67 (of 104)

Rank in course/Men: 58 (of 85)

Best time in course: 35:37

Rank in category: 8(of 13)

Best time in the category: 38:00

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			Men	Men								km
Lap 1	1.70	8:03	4:44	9	1:58	61	2:22	1.70	8:03	4:44	8	1:58	7	0:20
Lap 2	2.34	11:42	5:00	8	2:53	59	3:15	4.04	19:45	4:53	8	4:51	7	0:21
Lap 3	2.34	11:47	5:02	8	2:54	56	3:21	6.38	31:32	4:56	8	7:45	7	0:40
Lap 4	2.34	11:56	5:05	7	2:46	57	3:29	8.72	43:28	4:59	8	10:31	6	1:33
Last lap Finish	1.28	6:12	4:50	7	1:09	57	1:36	10.00	49:40	4:58	8	11:40	58	14:03