



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Sachs, Frank

Club: Dream Team Ilmenau

Number: 306

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 49:44

Speed: 12.06 km/h

Running performance: 4:58 min/km

Rank in course/Total: 68 (of 104)

Rank in course/Men: 59 (of 85)

Best time in course: 35:37

Rank in category: 11(of 12)

Best time in the category: 38:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	8:27	4:58	11	2:07	69	2:46	1.70	8:27	4:58	12	1:33	6	0:44
Lap 2	2.34	11:49	5:02	12	2:41	62	3:22	4.04	20:16	5:00	12	2:50	6	0:52
Lap 3	2.34	11:51	5:03	11	2:48	57	3:25	6.38	32:07	5:02	11	7:36	6	1:15
Lap 4	2.34	11:42	5:00	11	2:35	54	3:15	8.72	43:49	5:01	11	10:11	5	1:54
Last lap Finish	1.28	5:55	4:37	7	0:57	43	1:19	10.00	49:44	4:58	11	11:08	59	14:07