



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Hahnemann, Norbert

Club: SG Motor Arnstadt

Number: 344

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 50:11

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 71 (of 104)

Rank in course/Men: 60 (of 85)

Best time in course: 35:37

Rank in category: 2(of 4)

Best time in the category: 43:45

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	7:56	4:40	2	0:29	56	2:15	1.70	7:56	4:40	2	0:29	5	0:13
Lap 2	2.34	11:46	5:01	2	1:21	60	3:19	4.04	19:42	4:52	2	1:50	5	0:18
Lap 3	2.34	12:02	5:08	2	1:47	61	3:36	6.38	31:44	4:58	2	3:37	5	0:52
Lap 4	2.34	11:57	5:06	2	1:55	58	3:30	8.72	43:41	5:00	2	5:32	4	1:46
Last lap Finish	1.28	6:30	5:04	2	0:54	63	1:54	10.00	50:11	5:01	2	6:26	60	14:34