



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Gottwald, Björn

Club: Hildburghausen

Number: 385

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 50:29

Speed: 11.89 km/h

Running performance: 5:03 min/km

Rank in course/Total: 72 (of 104)

Rank in course/Men: 61 (of 85)

Best time in course: 35:37

Rank in category: 9(of 13)

Best time in the category: 38:00

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	7:31	4:25	6	1:26	50	1:50	1.70	7:31	4:25	9	1:26	4	
Lap 2	2.34	11:56	5:05	9	3:07	64	3:29	4.04	19:27	4:48	9	4:33	4	0:03
Lap 3	2.34	11:57	5:06	9	3:04	58	3:31	6.38	31:24	4:55	9	7:37	4	0:32
Lap 4	2.34	12:18	5:15	9	3:08	65	3:51	8.72	43:42	5:00	9	10:45	3	1:47
Last lap Finish	1.28	6:47	5:17	9	1:44	69	2:11	10.00	50:29	5:02	9	12:29	61	14:52