



# 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

## Detailed evaluation

Schäge, Michael

Club: TSV 09 Arnstadt

Number: 366

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 51:05

Speed: 11.75 km/h

Running performance: 5:07 min/km

Rank in course/Total: 73 (of 104)

Rank in course/Men: 62 (of 85)

Best time in course: 35:37

Rank in category: 10(of 11)

Best time in the category: 37:38

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	8:34	5:02	10	2:30	70	2:53	1.70	8:34	5:02	10	2:30	3	0:51
Lap 2	2.34	12:14	5:13	11	3:24	69	3:47	4.04	20:48	5:08	10	5:54	3	1:24
Lap 3	2.34	12:00	5:07	10	3:08	59	3:34	6.38	32:48	5:08	10	9:02	3	1:56
Lap 4	2.34	12:04	5:09	10	3:05	62	3:37	8.72	44:52	5:08	10	12:07	2	2:57
Last lap Finish	1.28	6:13	4:51	10	1:20	58	1:37	10.00	51:05	5:06	10	13:27	62	15:28