



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Ritze, Detlef

Club: Laufftreff Alteburg Arnstadt

Number: 329

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 51:08

Speed: 11.73 km/h

Running performance: 5:07 min/km

Rank in course/Total: 74 (of 104)

Rank in course/Men: 63 (of 85)

Best time in course: 35:37

Rank in category: 3(of 4)

Best time in the category: 39:38

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	8:01	4:42	3	1:44	60	2:20	1.70	8:01	4:42	3	1:44	2	0:18	
Lap 2	2.34	12:00	5:07	3	2:45	65	3:33	4.04	20:01	4:57	3	4:29	2	0:37	
Lap 3	2.34	12:03	5:08	4	2:40	63	3:37	6.38	32:04	5:01	3	7:09	2	1:12	
Lap 4	2.34	12:20	5:16	4	2:50	66	3:53	8.72	44:24	5:05	3	9:59	12	2:29	
Last lap Finish	1.28	6:44	5:15	3	1:31	67	2:08	10.00	51:08	5:06	3	11:30	63	15:31	