



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Fleischer, Heimbart

Club: Katholische Laufjugend Arnstadt
Number: 320

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 51:11

Speed: 11.72 km/h
Running performance: 5:07 min/km

Rank in course/Total: 75 (of 104)

Rank in course/Men: 64 (of 85)

Best time in course: 35:37

Rank in category: 3(of 4)

Best time in the category: 43:45

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	8:04	4:44	3	0:37	62	2:23	1.70	8:04	4:44	3	0:37	10	0:21
Lap 2	2.34	11:46	5:01	2	1:21	60	3:19	4.04	19:50	4:54	3	1:58	12	0:26
Lap 3	2.34	12:15	5:14	3	2:00	67	3:49	6.38	32:05	5:01	3	3:58	12	1:13
Lap 4	2.34	12:32	5:21	3	2:30	67	4:05	8.72	44:37	5:06	3	6:28	42	2:42
Last lap Finish	1.28	6:34	5:07	3	0:58	65	1:58	10.00	51:11	5:07	3	7:26	64	15:34