



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Brünnert, Oliver

Club: TSV09 Arnstadt

Number: 370

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 51:13

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course/Total: 76 (of 104)

Rank in course/Men: 65 (of 85)

Best time in course: 35:37

Rank in category: 13(of 15)

Best time in the category: 36:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		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	8:34	5:02	14	2:35	70	2:53	1.70	8:34	5:02	13	2:35	3	0:51	
Lap 2	2.34	12:14	5:13	14	3:34	69	3:47	4.04	20:48	5:08	13	6:09	3	1:24	
Lap 3	2.34	12:00	5:07	12	3:22	59	3:34	6.38	32:48	5:08	13	9:31	3	1:56	
Lap 4	2.34	12:04	5:09	13	3:32	62	3:37	8.72	44:52	5:08	13	13:03	2	2:57	
Last lap Finish	1.28	6:21	4:57	12	1:43	61	1:45	10.00	51:13	5:07	13	14:46	65	15:36	