



# 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

## Detailed evaluation

van Boekel, Ingolf

Club: fix&foxi

Number: 312

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 51:52

Speed: 11.57 km/h

Running performance: 5:11 min/km

Rank in course/Total: 78 (of 104)

Rank in course/Men: 66 (of 85)

Best time in course: 35:37

Rank in category: 4(of 4)

Best time in the category: 39:38

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.70	8:50	5:11	4	2:33	72	3:09	1.70	8:50	5:11	4	2:33	41	1:07
Lap 2	2.34	12:12	5:12	4	2:57	68	3:45	4.04	21:02	5:12	4	5:30	42	1:38
Lap 3	2.34	12:02	5:08	3	2:39	61	3:36	6.38	33:04	5:10	4	8:09	41	2:12
Lap 4	2.34	11:59	5:07	3	2:29	60	3:32	8.72	45:03	5:09	4	10:38	40	3:08
Last lap Finish	1.28	6:49	5:19	4	1:36	70	2:13	10.00	51:52	5:11	4	12:14	66	16:15