



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Ziegler, Christian

Club: Erfurt
Number: 407

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 51:52

Speed: 11.57 km/h
Running performance: 5:11 min/km

Rank in course/Total: 79 (of 104)

Rank in course/Men: 66 (of 85)

Best time in course: 35:37

Rank in category: 11(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	8:50	5:11	11	2:46	72	3:09	1.70	8:50	5:11	11	2:46	41	1:07	
Lap 2	2.34	11:55	5:05	10	3:05	63	3:28	4.04	20:45	5:08	11	5:51	41	1:21	
Lap 3	2.34	12:05	5:09	11	3:13	64	3:39	6.38	32:50	5:08	11	9:04	40	1:58	
Lap 4	2.34	12:09	5:11	11	3:10	64	3:42	8.72	44:59	5:09	11	12:14	39	3:04	
Last lap Finish	1.28	6:53	5:22	11	2:00	71	2:17	10.00	51:52	5:11	11	14:14	66	16:15	