



# 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

## Detailed evaluation

**Pfeiffer, Dirk**

Club: SV Olympia Neustadt

Number: 403

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 52:00

Speed: 11.54 km/h

Running performance: 5:12 min/km

Rank in course/Total: 80 (of 104)

Rank in course/Men: 68 (of 85)

Best time in course: 35:37

Rank in category: 14(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	7:57	4:40	13	1:58	57	2:16	1.70	7:57	4:40	14	1:58	40	0:14
Lap 2	2.34	12:00	5:07	13	3:20	65	3:33	4.04	19:57	4:56	14	5:18	40	0:33
Lap 3	2.34	12:28	5:19	14	3:50	68	4:02	6.38	32:25	5:04	14	9:08	38	1:33
Lap 4	2.34	12:39	5:24	14	4:07	68	4:12	8.72	45:04	5:10	14	13:15	38	3:09
Last lap Finish	1.28	6:56	5:25	14	2:18	72	2:20	10.00	52:00	5:12	14	15:33	68	16:23