



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Kahl, Nico

Club: Neustadt Rstg

Number: 373

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 52:21

Speed: 11.46 km/h

Running performance: 5:14 min/km

Rank in course/Total: 82 (of 104)

Rank in course/Men: 69 (of 85)

Best time in course: 35:37

Rank in category: 10(of 13)

Best time in the category: 38:00

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	7:52	4:37	8	1:47	55	2:11	1.70	7:52	4:37	10	1:47	39	0:09
Lap 2	2.34	12:01	5:08	10	3:12	67	3:34	4.04	19:53	4:55	10	4:59	39	0:29
Lap 3	2.34	12:32	5:21	10	3:39	69	4:06	6.38	32:25	5:04	10	8:38	38	1:33
Lap 4	2.34	12:50	5:29	10	3:40	69	4:23	8.72	45:15	5:11	10	12:18	37	3:20
Last lap Finish	1.28	7:06	5:32	10	2:03	75	2:30	10.00	52:21	5:14	10	14:21	69	16:44