



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Höpfner, Thomas

Club: RSV Ilmenau

Number: 342

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 53:21

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 83 (of 104)

Rank in course/Men: 70 (of 85)

Best time in course: 35:37

Rank in category: 4(of 4)

Best time in the category: 43:45

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	8:15	4:51	4	0:48	68	2:34	1.70	8:15	4:51	4	0:48	37	0:32
Lap 2	2.34	12:16	5:14	4	1:51	71	3:49	4.04	20:31	5:04	4	2:39	37	1:07
Lap 3	2.34	12:36	5:23	4	2:21	70	4:10	6.38	33:07	5:11	4	5:00	36	2:15
Lap 4	2.34	12:58	5:32	4	2:56	71	4:31	8.72	46:05	5:17	4	7:56	36	4:10
Last lap Finish	1.28	7:16	5:40	4	1:40	76	2:40	10.00	53:21	5:20	4	9:36	70	17:44