



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Dehmel, Gerhard

Club: ThWV Ilmenau

Number: 379

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 54:04

Speed: 11.10 km/h

Running performance: 5:25 min/km

Rank in course/Total: 84 (of 104)

Rank in course/Men: 71 (of 85)

Best time in course: 35:37

Rank in category: 1(of 1)

Best time in the category: 54:04

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	8:05	4:45	1	-	64	2:24	1.70	8:05	4:45	1	-	36	0:22
Lap 2	2.34	12:35	5:22	1	-	72	4:08	4.04	20:40	5:06	1	-	36	1:16
Lap 3	2.34	12:56	5:31	1	-	71	4:30	6.38	33:36	5:15	1	-	35	2:44
Lap 4	2.34	13:23	5:43	1	-	76	4:56	8.72	46:59	5:23	1	-	35	5:04
Last lap Finish	1.28	7:05	5:32	1	-	74	2:29	10.00	54:04	5:24	1	-	71	18:27