



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Schulz, Ronald

Club: Bach-Schule

Number: 380

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 55:23

Speed: 10.83 km/h

Running performance: 5:32 min/km

Rank in course/Total: 88 (of 104)

Rank in course/Men: 75 (of 85)

Best time in course: 35:37

Rank in category: 6(of 7)

Best time in the category: 40:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.70	8:09	4:47	5	1:36	65	2:28	1.70	8:09	4:47	6	1:36	32	0:26
Lap 2	2.34	13:03	5:34	6	3:35	73	4:36	4.04	21:12	5:14	6	5:11	32	1:48
Lap 3	2.34	13:18	5:41	6	3:47	74	4:52	6.38	34:30	5:24	6	8:58	31	3:38
Lap 4	2.34	13:29	5:45	7	3:51	78	5:02	8.72	47:59	5:30	6	12:49	31	6:04
Last lap Finish	1.28	7:24	5:46	7	2:07	80	2:48	10.00	55:23	5:32	6	14:47	75	19:46