



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Esefeld, Frederick

Club: KLA

Number: 406

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 56:29

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 91 (of 104)

Rank in course/Men: 77 (of 85)

Best time in course: 35:37

Rank in category: 11(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.70	8:51	5:12	11	2:46	74	3:10	1.70	8:51	5:12	11	2:46	30	1:08
Lap 2	2.34	13:15	5:39	11	4:26	78	4:48	4.04	22:06	5:28	11	7:12	30	2:42
Lap 3	2.34	13:29	5:45	11	4:36	77	5:03	6.38	35:35	5:34	11	11:48	29	4:43
Lap 4	2.34	13:30	5:46	12	4:20	79	5:03	8.72	49:05	5:37	11	16:08	29	7:10
Last lap Finish	1.28	7:24	5:46	12	2:21	80	2:48	10.00	56:29	5:38	11	18:29	77	20:52