



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Herzer, Heiko

Club: Arnstadt

Number: 303

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 57:29

Speed: 10.44 km/h

Running performance: 5:45 min/km

Rank in course/Total: 94 (of 104)

Rank in course/Men: 79 (of 85)

Best time in course: 35:37

Rank in category: 15(of 15)

Best time in the category: 36:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	9:19	5:28	15	3:20	80	3:38	1.70	9:19	5:28	15	3:20	28	1:36
Lap 2	2.34	13:13	5:38	15	4:33	75	4:46	4.04	22:32	5:34	15	7:53	27	3:08
Lap 3	2.34	13:45	5:52	15	5:07	80	5:19	6.38	36:17	5:41	15	13:00	26	5:25
Lap 4	2.34	13:56	5:57	15	5:24	81	5:29	8.72	50:13	5:45	15	18:24	26	8:18
Last lap Finish	1.28	7:16	5:40	15	2:38	76	2:40	10.00	57:29	5:44	15	21:02	79	21:52