



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Schmidt, Michael

Club: ESV Lok Arnstadt

Number: 310

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 57:29

Speed: 10.44 km/h

Running performance: 5:45 min/km

Rank in course/Total: 95 (of 104)

Rank in course/Men: 79 (of 85)

Best time in course: 35:37

Rank in category: 12(of 13)

Best time in the category: 38:00

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.70	9:07	5:21	12	3:02	78	3:26	1.70	9:07	5:21	12	3:02	27	1:24	
Lap 2	2.34	13:25	5:44	12	4:36	79	4:58	4.04	22:32	5:34	12	7:38	27	3:08	
Lap 3	2.34	13:45	5:52	12	4:52	80	5:19	6.38	36:17	5:41	12	12:30	26	5:25	
Lap 4	2.34	13:56	5:57	13	4:46	81	5:29	8.72	50:13	5:45	12	17:16	26	8:18	
Last lap Finish	1.28	7:16	5:40	11	2:13	76	2:40	10.00	57:29	5:44	12	19:29	79	21:52	