



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Schmidt, André

Club: Katholische Laufjugend Arnstadt
Number: 393

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 57:50

Speed: 10.37 km/h
Running performance: 5:47 min/km

Rank in course/Total: 97 (of 104)

Rank in course/Men: 82 (of 85)

Best time in course: 35:37

Rank in category: 13(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	9:08	5:22	13	3:03	79	3:27	1.70	9:08	5:22	13	3:03	25	1:25	
Lap 2	2.34	13:54	5:56	13	5:05	83	5:27	4.04	23:02	5:42	13	8:08	25	3:38	
Lap 3	2.34	13:55	5:56	13	5:02	82	5:29	6.38	36:57	5:47	13	13:10	24	6:05	
Lap 4	2.34	13:23	5:43	11	4:13	76	4:56	8.72	50:20	5:46	13	17:23	24	8:25	
Last lap Finish	1.28	7:30	5:51	13	2:27	82	2:54	10.00	57:50	5:46	13	19:50	82	22:13	