



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Böhm Bayer, Eberhard

Club: LAV Saale-Rennsteig

Number: 331

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M75 (75-79 Jahre)

Total time: 1:17:59

Speed: 7.69 km/h

Running performance: 7:48 min/km

Rank in course/Total: 101 (of 104)

Rank in course/Men: 83 (of 85)

Best time in course: 35:37

Rank in category: 1(of 1)

Best time in the category: 1:17:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	11:18	6:38	1	-	85	5:37	1.70	11:18	6:38	1	-	24	3:35
Lap 2	2.34	17:39	7:32	1	-	85	9:12	4.04	28:57	7:09	1	-	24	9:33
Lap 3	2.34	18:30	7:54	1	-	84	10:04	6.38	47:27	7:26	1	-	23	16:35
Lap 4	2.34	19:19	8:15	1	-	83	10:52	8.72	1:06:46	7:39	1	-	23	24:51
Last lap Finish	1.28	11:13	8:45	1	-	83	6:37	10.00	1:17:59	7:47	1	-	83	42:22