



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Wagner, Frank

Club: Rennsteiglaufverein/LG Süd
Number: 340

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 36:23

Speed: 16.49 km/h
Running performance: 3:38 min/km

Rank in course/Total: 2 (of 104)

Rank in course/Men: 2 (of 85)

Best time in course: 35:37

Rank in category: 2(of 14)

Best time in the category: 35:37

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	6:00	3:31	2	0:19	3	0:19	1.70	6:00	3:31	2	0:19	63		
Lap 2	2.34	8:39	3:41	2	0:12	2	0:12	4.04	14:39	3:37	2	0:31	62		
Lap 3	2.34	8:38	3:41	2	0:12	2	0:12	6.38	23:17	3:38	2	0:43	62		
Lap 4	2.34	8:29	3:37	2	0:02	2	0:02	8.72	31:46	3:38	2	0:45	63		
Last lap Finish	1.28	4:37	3:36	2	0:01	2	0:01	10.00	36:23	3:38	2	0:46	2	0:46	