



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Neidhardt, Stefan

Club: Rennsteiglaufverein/LG Süd
Number: 387

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 36:27

Speed: 16.46 km/h
Running performance: 3:38 min/km

Rank in course/Total: 3 (of 104)

Rank in course/Men: 3 (of 85)

Best time in course: 35:37

Rank in category: 1(of 15)

Best time in the category: 36:27

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	5:59	3:31	1	-	2	0:18	1.70	5:59	3:31	1	-	62		
Lap 2	2.34	8:40	3:42	1	-	3	0:13	4.04	14:39	3:37	1	-	62		
Lap 3	2.34	8:38	3:41	1	-	2	0:12	6.38	23:17	3:38	1	-	62		
Lap 4	2.34	8:32	3:38	1	-	3	0:05	8.72	31:49	3:38	1	-	62		
Last lap Finish	1.28	4:38	3:37	1	-	3	0:02	10.00	36:27	3:38	1	-	3	0:50	