



23. Arnstädter Citylauf
Arnstadt / 27.04.2013

Detailed evaluation

Weinert, Stefan

Club: Rennsteiglaufverein/LG Süd
Number: 341

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 37:38

Speed: 15.94 km/h
Running performance: 3:46 min/km

Rank in course/Total: 6 (of 104)

Rank in course/Men: 6 (of 85)

Best time in course: 35:37

Rank in category: 1(of 11)

Best time in the category: 37:38

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	6:04	3:34	1	-	4	0:23	1.70	6:04	3:34	1	-	57	
Lap 2	2.34	8:50	3:46	1	-	6	0:23	4.04	14:54	3:41	1	-	57	
Lap 3	2.34	8:52	3:47	1	-	6	0:26	6.38	23:46	3:43	1	-	59	
Lap 4	2.34	8:59	3:50	1	-	6	0:32	8.72	32:45	3:45	1	-	59	
Last lap Finish	1.28	4:53	3:48	1	-	6	0:17	10.00	37:38	3:45	1	-	6	2:01