



# 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

## Detailed evaluation

**Baumbach, Patrick**

Club: Rennsteiglaufverein/LG Süd

Number: 397

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 38:00

Speed: 15.79 km/h

Running performance: 3:48 min/km

Rank in course/Total: 7 (of 104)

Rank in course/Men: 7 (of 85)

Best time in course: 35:37

Rank in category: 1(of 13)

Best time in the category: 38:00

### 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	6:05	3:34	1	-	6	0:24	1.70	6:05	3:34	1	-	58	
Lap 2	2.34	8:49	3:46	1	-	5	0:22	4.04	14:54	3:41	1	-	57	
Lap 3	2.34	8:53	3:47	1	-	7	0:27	6.38	23:47	3:43	1	-	58	
Lap 4	2.34	9:10	3:55	1	-	9	0:43	8.72	32:57	3:46	1	-	58	
Last lap Finish	1.28	5:03	3:56	1	-	10	0:27	10.00	38:00	3:47	1	-	7	2:23