



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Senz, Stefan

Club: SV Ictershausen

Number: 382

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 38:05

Speed: 15.75 km/h

Running performance: 3:49 min/km

Rank in course/Total: 8 (of 104)

Rank in course/Men: 8 (of 85)

Best time in course: 35:37

Rank in category: 5(of 14)

Best time in the category: 35:37

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	3	0:23	4	0:23	1.70	6:04	3:34	5	0:23	57	
Lap 2	2.34	8:50	3:46	4	0:23	6	0:23	4.04	14:54	3:41	5	0:46	57	
Lap 3	2.34	9:06	3:53	5	0:40	9	0:40	6.38	24:00	3:45	5	1:26	57	
Lap 4	2.34	9:09	3:54	5	0:42	8	0:42	8.72	33:09	3:48	5	2:08	57	
Last lap Finish	1.28	4:56	3:51	5	0:20	7	0:20	10.00	38:05	3:48	5	2:28	8	2:28