



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Mehr, Ralf

Club: PSV Meiningen

Number: 339

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 39:27

Speed: 15.21 km/h

Running performance: 3:56 min/km

Rank in course/Total: 10 (of 104)

Rank in course/Men: 10 (of 85)

Best time in course: 35:37

Rank in category: 2(of 15)

Best time in the category: 36:27

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	6:16	3:41	2	0:17	10	0:35	1.70	6:16	3:41	2	0:17	44		
Lap 2	2.34	9:15	3:57	2	0:35	11	0:48	4.04	15:31	3:50	2	0:52	44		
Lap 3	2.34	9:16	3:57	2	0:38	10	0:50	6.38	24:47	3:53	2	1:30	55		
Lap 4	2.34	9:31	4:04	4	0:59	13	1:04	8.72	34:18	3:56	2	2:29	55		
Last lap Finish	1.28	5:09	4:01	4	0:31	13	0:33	10.00	39:27	3:56	2	3:00	10	3:50	