



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Rochau, Lothar

Club: LAV Halensia

Number: 367

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 39:38

Speed: 15.14 km/h

Running performance: 3:58 min/km

Rank in course/Total: 11 (of 104)

Rank in course/Men: 11 (of 85)

Best time in course: 35:37

Rank in category: 1(of 4)

Best time in the category: 39:38

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	6:17	3:41	1	-	11	0:36	1.70	6:17	3:41	1	-	54	
Lap 2	2.34	9:15	3:57	1	-	11	0:48	4.04	15:32	3:50	1	-	54	
Lap 3	2.34	9:23	4:00	1	-	11	0:57	6.38	24:55	3:54	1	-	43	
Lap 4	2.34	9:30	4:03	1	-	11	1:03	8.72	34:25	3:56	1	-	43	
Last lap Finish	1.28	5:13	4:04	1	-	15	0:37	10.00	39:38	3:57	1	-	11	4:01