



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Vater, Christian

Club: Rennsteiglaufverein/LG Süd
Number: 386

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 39:48

Speed: 15.08 km/h
Running performance: 3:59 min/km

Rank in course/Total: 12 (of 104)

Rank in course/Men: 12 (of 85)

Best time in course: 35:37

Rank in category: 2(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			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Lap 1	1.70	6:15	3:40	2	0:11	9	0:34	1.70	6:15	3:40	2	0:11	53	
Lap 2	2.34	9:02	3:51	2	0:12	8	0:35	4.04	15:17	3:46	2	0:23	53	
Lap 3	2.34	9:39	4:07	2	0:47	17	1:13	6.38	24:56	3:54	2	1:10	53	
Lap 4	2.34	9:37	4:06	2	0:38	16	1:10	8.72	34:33	3:57	2	1:48	53	
Last lap Finish	1.28	5:15	4:06	2	0:22	17	0:39	10.00	39:48	3:58	2	2:10	12	4:11