



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Hofmann, Mario

Club: Flinke Gerataler /TSV 1880 Elgersburg
Number: 314

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 39:57

Speed: 15.02 km/h
Running performance: 4:00 min/km

Rank in course/Total: 13 (of 104)

Rank in course/Men: 13 (of 85)

Best time in course: 35:37

Rank in category: 3(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	6:23	3:45	4	0:24	16	0:42	1.70	6:23	3:45	3	0:24	45	
Lap 2	2.34	9:30	4:03	3	0:50	14	1:03	4.04	15:53	3:55	3	1:14	47	
Lap 3	2.34	9:32	4:04	3	0:54	13	1:06	6.38	25:25	3:59	3	2:08	50	
Lap 4	2.34	9:29	4:03	2	0:57	10	1:02	8.72	34:54	4:00	3	3:05	52	
Last lap Finish	1.28	5:03	3:56	2	0:25	10	0:27	10.00	39:57	3:59	3	3:30	13	4:20