



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Reif, Bernd

Club: Laufcombo Reif GTH

Number: 365

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 40:01

Speed: 14.99 km/h

Running performance: 4:00 min/km

Rank in course/Total: 14 (of 104)

Rank in course/Men: 14 (of 85)

Best time in course: 35:37

Rank in category: 4(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 | 6:19 | 3:42 | 3 | 0:20 | 12 | 0:38 | 1.70 | 6:19 | 3:42 | 4 | 0:20 | 51 | | |
| Lap 2 | 2.34 | 9:30 | 4:03 | 3 | 0:50 | 14 | 1:03 | 4.04 | 15:49 | 3:54 | 4 | 1:10 | 51 | | |
| Lap 3 | 2.34 | 9:33 | 4:04 | 5 | 0:55 | 15 | 1:07 | 6.38 | 25:22 | 3:58 | 4 | 2:05 | 51 | | |
| Lap 4 | 2.34 | 9:31 | 4:04 | 4 | 0:59 | 13 | 1:04 | 8.72 | 34:53 | 4:00 | 4 | 3:04 | 51 | | |
| Last lap Finish | 1.28 | 5:08 | 4:00 | 3 | 0:30 | 12 | 0:32 | 10.00 | 40:01 | 4:00 | 4 | 3:34 | 14 | 4:24 | |