



# 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	