



23. Arnstädter Citylauf
Arnstadt / 27.04.2013

Detailed evaluation

Zeiger, Thomas

Club: Katholische Laufjugend Arnstadt
Number: 328

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 40:05

Speed: 14.97 km/h
Running performance: 4:01 min/km

Rank in course/Total: 15 (of 104)

Rank in course/Men: 15 (of 85)

Best time in course: 35:37

Rank in category: 5(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	9:30	4:03	3	0:58	11	1:03	8.72	34:55	4:00	5	3:06	50	
Last lap Finish	1.28	5:10	4:02	5	0:32	14	0:34	10.00	40:05	4:00	5	3:38	15	4:28