



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Fekete, Andras

Club: Silvanus

Number: 363

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 40:19

Speed: 14.88 km/h

Running performance: 4:02 min/km

Rank in course/Total: 16 (of 104)

Rank in course/Men: 16 (of 85)

Best time in course: 35:37

Rank in category: 2(of 13)

Best time in the category: 38:00

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	6:20	3:43	2	0:15	13	0:39	1.70	6:20	3:43	2	0:15	47	
Lap 2	2.34	9:31	4:04	2	0:42	17	1:04	4.04	15:51	3:55	2	0:57	49	
Lap 3	2.34	9:35	4:05	2	0:42	16	1:09	6.38	25:26	3:59	2	1:39	49	
Lap 4	2.34	9:35	4:05	2	0:25	15	1:08	8.72	35:01	4:00	2	2:04	49	
Last lap Finish	1.28	5:18	4:08	3	0:15	21	0:42	10.00	40:19	4:01	2	2:19	16	4:42