



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Ohlhorst, Frank

Club: Team Erdinger Alkoholfrei
Number: 355

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 40:36

Speed: 14.78 km/h
Running performance: 4:04 min/km

Rank in course/Total: 17 (of 104)

Rank in course/Men: 17 (of 85)

Best time in course: 35:37

Rank in category: 1(of 7)

Best time in the category: 40:36

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	6:33	3:51	1	-	21	0:52	1.70	6:33	3:51	1	-	48	
Lap 2	2.34	9:28	4:02	1	-	13	1:01	4.04	16:01	3:57	1	-	48	
Lap 3	2.34	9:31	4:04	1	-	12	1:05	6.38	25:32	4:00	1	-	48	
Lap 4	2.34	9:38	4:07	1	-	17	1:11	8.72	35:10	4:01	1	-	48	
Last lap Finish	1.28	5:26	4:14	2	0:09	28	0:50	10.00	40:36	4:03	1	-	17	4:59