



# 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

## Detailed evaluation

**Bechmann, Rico**

Club: Thüringer Laufmaschinen

Number: 357

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 40:44

Speed: 14.73 km/h

Running performance: 4:04 min/km

Rank in course/Total: 18 (of 104)

Rank in course/Men: 18 (of 85)

Best time in course: 35:37

Rank in category: 3(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	9:33	4:04	3	0:44	18	1:06	4.04	15:53	3:55	3	0:59	47	
Lap 3	2.34	9:48	4:11	3	0:55	19	1:22	6.38	25:41	4:01	3	1:54	47	
Lap 4	2.34	9:46	4:10	3	0:36	18	1:19	8.72	35:27	4:03	3	2:30	47	
Last lap Finish	1.28	5:17	4:07	2	0:14	18	0:41	10.00	40:44	4:04	3	2:44	18	5:07