



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Hauser, Olaf

Club: 1. SV Gera

Number: 400

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 41:26

Speed: 14.48 km/h

Running performance: 4:08 min/km

Rank in course/Total: 21 (of 104)

Rank in course/Men: 21 (of 85)

Best time in course: 35:37

Rank in category: 2(of 7)

Best time in the category: 40:36

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	6:44	3:57	2	0:11	28	1:03	1.70	6:44	3:57	2	0:11	34		
Lap 2	2.34	9:48	4:11	2	0:20	20	1:21	4.04	16:32	4:05	2	0:31	55		
Lap 3	2.34	9:48	4:11	2	0:17	19	1:22	6.38	26:20	4:07	2	0:48	44		
Lap 4	2.34	9:49	4:11	2	0:11	19	1:22	8.72	36:09	4:08	2	0:59	44		
Last lap Finish	1.28	5:17	4:07	1	-	18	0:41	10.00	41:26	4:08	2	0:50	21	5:49	