



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Finger, Jens

Club: SV EVB Erfurt

Number: 399

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 41:45

Speed: 14.37 km/h

Running performance: 4:11 min/km

Rank in course/Total: 22 (of 104)

Rank in course/Men: 22 (of 85)

Best time in course: 35:37

Rank in category: 6(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	6:40	3:55	8	0:41	24	0:59	1.70	6:40	3:55	6	0:41	85	
Lap 2	2.34	9:48	4:11	6	1:08	20	1:21	4.04	16:28	4:04	6	1:49	85	
Lap 3	2.34	9:51	4:12	6	1:13	21	1:25	6.38	26:19	4:07	6	3:02	54	
Lap 4	2.34	9:56	4:14	6	1:24	21	1:29	8.72	36:15	4:09	6	4:26	54	
Last lap Finish	1.28	5:30	4:17	8	0:52	30	0:54	10.00	41:45	4:10	6	5:18	22	6:08