



# 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

## Detailed evaluation

ernst, marcel

Club: Sonntagsläufer Tambach-Dietharz

Number: 346

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 42:01

Speed: 14.28 km/h

Running performance: 4:12 min/km

Rank in course/Total: 23 (of 104)

Rank in course/Men: 23 (of 85)

Best time in course: 35:37

Rank in category: 7(of 14)

Best time in the category: 35:37

### 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	6:27	3:47	6	0:46	19	0:46	1.70	6:27	3:47	7	0:46	84	
Lap 2	2.34	9:56	4:14	7	1:29	23	1:29	4.04	16:23	4:03	7	2:15	84	
Lap 3	2.34	10:08	4:19	7	1:42	28	1:42	6.38	26:31	4:09	7	3:57	84	
Lap 4	2.34	10:06	4:18	7	1:39	25	1:39	8.72	36:37	4:11	7	5:36	83	
Last lap Finish	1.28	5:24	4:13	7	0:48	25	0:48	10.00	42:01	4:12	7	6:24	23	6:24