



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Banzer, Roland

Club: Katholische Laufjugend Arnstadt
Number: 319

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 42:10

Speed: 14.23 km/h
Running performance: 4:13 min/km

Rank in course/Total: 25 (of 104)

Rank in course/Men: 25 (of 85)

Best time in course: 35:37

Rank in category: 3(of 12)

Best time in the category: 38:36

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	6:49	4:00	4	0:29	35	1:08	1.70	6:49	4:00	4			82	
Lap 2	2.34	10:00	4:16	3	0:52	27	1:33	4.04	16:49	4:09	4			82	
Lap 3	2.34	10:00	4:16	3	0:57	23	1:34	6.38	26:49	4:12	3	2:18		82	
Lap 4	2.34	10:00	4:16	3	0:53	23	1:33	8.72	36:49	4:13	3	3:11		81	
Last lap Finish	1.28	5:21	4:10	3	0:23	23	0:45	10.00	42:10	4:13	3	3:34	25	6:33	