



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Stutzig, Henrik

Club: Katholische Laufjugend Arnstadt
Number: 327

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 42:15

Speed: 14.20 km/h
Running performance: 4:13 min/km

Rank in course/Total: 26 (of 104)

Rank in course/Men: 26 (of 85)

Best time in course: 35:37

Rank in category: 3(of 11)

Best time in the category: 37:38

Intermediate times					Stage score				Total ranking					
Control	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	6:36	3:52	3	0:32	22	0:55	1.70	6:36	3:52	3	0:32	81	
Lap 2	2.34	10:01	4:16	3	1:11	28	1:34	4.04	16:37	4:06	3	1:43	81	
Lap 3	2.34	10:04	4:18	4	1:12	25	1:38	6.38	26:41	4:10	3	2:55	81	
Lap 4	2.34	10:06	4:18	3	1:07	25	1:39	8.72	36:47	4:13	3	4:02	80	
Last lap Finish	1.28	5:28	4:16	4	0:35	29	0:52	10.00	42:15	4:13	3	4:37	26	6:38