



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Meurer, Ingo

Club: SV Olympia Neustadt

Number: 354

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 42:45

Speed: 14.04 km/h

Running performance: 4:17 min/km

Rank in course/Total: 28 (of 104)

Rank in course/Men: 28 (of 85)

Best time in course: 35:37

Rank in category: 8(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	6:48	4:00	9	0:49	34	1:07	1.70	6:48	4:00	8	0:49	79		
Lap 2	2.34	10:16	4:23	9	1:36	34	1:49	4.04	17:04	4:13	8	2:25	79		
Lap 3	2.34	10:08	4:19	7	1:30	28	1:42	6.38	27:12	4:15	8	3:55	72		
Lap 4	2.34	10:13	4:21	8	1:41	32	1:46	8.72	37:25	4:17	8	5:36	78		
Last lap Finish	1.28	5:20	4:09	7	0:42	22	0:44	10.00	42:45	4:16	8	6:18	28	7:08	