



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Wächter, Hartmut

Club: LSV Lok Arnstadt
Number: 326

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 44:24

Speed: 13.51 km/h
Running performance: 04:26 min/km

Rank in course/Total: 20 (of 93)

Rank in course/Men: 19 (of 79)

Best time in course: 33:15

Rank in category: 1(of 3)

Best time in the category: 44:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
						Pos Men	Behind Men	Total km	Total Time					Total min/km
Lap 1	1.29	5:16	4:04	1	-	24	1:03	1.29	5:16	4:04	1	-	73	
Lap 2	2.08	8:51	4:15	1	-	19	4:25	3.37	14:07	4:11	1	-	74	
Lap 3	2.08	9:04	4:21	1	-	17	4:38	5.45	23:11	4:15	1	-	47	
Lap 4	2.08	9:23	4:30	1	-	18	4:57	7.53	32:34	4:19	1	-	50	
Lap 5	2.08	9:50	4:43	1	-	21	9:50	9.61	42:24	4:24	1	-	49	
Last lap Finish	0.41	2:00	4:52	1	-	29	0:31	10.00	44:24	4:26	1	-	19	11:09