



22. Arnstädter Citylauf
Arnstadt / 28.04.2012

Detailed evaluation

Stutzig, Henrik

Club: Katholische Laufjugend Arnstadt
Number: 315

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 44:36

Speed: 13.45 km/h
Running performance: 04:28 min/km

Rank in course/Total: 21 (of 93)

Rank in course/Men: 20 (of 79)

Best time in course: 33:15

Rank in category: 1(of 5)

Best time in the category: 44:36

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	1.29	5:12	4:01	1	-	18	0:59	1.29	5:12	4:01	1	-	72	
Lap 2	2.08	8:40	4:09	1	-	14	4:14	3.37	13:52	4:06	1	-	73	
Lap 3	2.08	9:18	4:28	1	-	21	4:52	5.45	23:10	4:15	1	-	51	
Lap 4	2.08	9:31	4:34	1	-	21	5:05	7.53	32:41	4:20	1	-	51	
Lap 5	2.08	10:01	4:48	1	-	23	10:01	9.61	42:42	4:26	1	-	50	
Last lap Finish	0.41	1:54	4:38	1	-	22	0:25	10.00	44:36	4:27	1	-	20	11:21