



22. Arnstädter Citylauf
Arnstadt / 28.04.2012

Detailed evaluation

Wolfig, Uwe

Club: Plaue
Number: 361

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 45:38

Speed: 13.15 km/h
Running performance: 04:34 min/km

Rank in course/Total: 23 (of 93)

Rank in course/Men: 22 (of 79)

Best time in course: 33:15

Rank in category: 4(of 12)

Best time in the category: 40:42

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	5:10	4:00	5	0:28	17	0:57	1.29	5:10	4:00	5			70	
Lap 2	2.08	9:01	4:20	5	0:49	22	4:35	3.37	14:11	4:12	5			71	
Lap 3	2.08	9:28	4:33	4	1:00	23	5:02	5.45	23:39	4:20	4	2:13		52	
Lap 4	2.08	9:54	4:45	4	1:13	25	5:28	7.53	33:33	4:27	4	3:26		52	
Lap 5	2.08	10:06	4:51	4	1:23	24	10:06	9.61	43:39	4:32	4	4:42		51	
Last lap Finish	0.41	1:59	4:50	7	0:15	28	0:30	10.00	45:38	4:33	4	4:56	22	12:23	