



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Schalk, Udo

Club: Dream Team Ilmenau

Number: 304

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 46:02

Speed: 13.03 km/h

Running performance: 04:36 min/km

Rank in course/Total: 24 (of 93)

Rank in course/Men: 23 (of 79)

Best time in course: 33:15

Rank in category: 2(of 11)

Best time in the category: 41:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.29	5:38	4:22	4	0:34	43	1:25	1.29	5:38	4:22	3	0:05	69	0:09
Lap 2	2.08	9:23	4:30	3	1:00	31	4:57	3.37	15:01	4:27	3	0:09	70	
Lap 3	2.08	9:36	4:36	3	0:59	24	5:10	5.45	24:37	4:31	2	2:33	53	
Lap 4	2.08	9:49	4:43	3	1:01	23	5:23	7.53	34:26	4:34	2	3:34	53	
Lap 5	2.08	9:45	4:41	4	9:45	19	9:45	9.61	44:11	4:35	2	4:29	52	
Last lap Finish	0.41	1:51	4:30	2	0:08	19	0:22	10.00	46:02	4:36	2	4:37	23	12:47