



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Machalett, Marcel

Club: FFW Haarhausen

Number: 307

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 46:51

Speed: 12.81 km/h

Running performance: 04:41 min/km

Rank in course/Total: 25 (of 93)

Rank in course/Men: 24 (of 79)

Best time in course: 33:15

Rank in category: 10(of 22)

Best time in the category: 33:15

Intermediate times				Stage score				Total ranking						
Control	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	5:37	4:21	15	1:24	39	1:24	1.29	5:37	4:21	12	0:19	8	0:08
Lap 2	2.08	9:19	4:28	12	4:53	28	4:53	3.37	14:56	4:25	12	0:22	68	
Lap 3	2.08	9:42	4:39	10	5:16	26	5:16	5.45	24:38	4:31	12		54	
Lap 4	2.08	9:58	4:47	9	5:32	26	5:32	7.53	34:36	4:35	11		54	
Lap 5	2.08	10:26	5:00	8	10:26	26	10:26	9.61	45:02	4:41	8	18:20	53	
Last lap Finish	0.41	1:49	4:25	7	0:15	15	0:20	10.00	46:51	4:41	10	13:36	24	13:36