



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Scherübl, Thomas

Club: Jena

Number: 368

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 46:57

Speed: 12.78 km/h

Running performance: 04:42 min/km

Rank in course/Total: 26 (of 93)

Rank in course/Men: 25 (of 79)

Best time in course: 33:15

Rank in category: 4(of 9)

Best time in the category: 41:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	5:14	4:03	4	0:27	20	1:01	1.29	5:14	4:03	4	0:18	39	
Lap 2	2.08	9:03	4:21	4	0:56	23	4:37	3.37	14:17	4:14	4	0:53	67	
Lap 3	2.08	9:54	4:45	4	1:17	30	5:28	5.45	24:11	4:26	4	2:09	55	
Lap 4	2.08	10:05	4:50	4	1:18	27	5:39	7.53	34:16	4:33	4	3:27	55	
Lap 5	2.08	10:32	5:03	4	1:39	27	10:32	9.61	44:48	4:39	4	5:06	54	
Last lap Finish	0.41	2:09	5:14	5	0:29	42	0:40	10.00	46:57	4:41	4	5:35	25	13:42