



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

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Club: Schwimmverein Arnstadt 02 e. V.
Number: 384

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 47:23

Speed: 12.66 km/h
Running performance: 04:44 min/km

Rank in course/Total: 27 (of 93)

Rank in course/Men: 26 (of 79)

Best time in course: 33:15

Rank in category: 2(of 5)

Best time in the category: 44:36

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	5:56	4:35	4	0:44	53	1:43	1.29	5:56	4:35	2	0:44	32	0:27
Lap 2	2.08	9:35	4:36	2	0:55	33	5:09	3.37	15:31	4:36	2	1:39	10	
Lap 3	2.08	9:40	4:38	2	0:22	25	5:14	5.45	25:11	4:37	2	2:01	56	
Lap 4	2.08	9:52	4:44	2	0:21	24	5:26	7.53	35:03	4:39	2	2:22	56	
Lap 5	2.08	10:22	4:59	2	0:21	25	10:22	9.61	45:25	4:43	2	2:43	55	
Last lap Finish	0.41	1:58	4:47	2	0:04	24	0:29	10.00	47:23	4:44	2	2:47	26	14:08