



# 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

## Detailed evaluation

**Brück, Tom**

Club: Arnstadt

Number: 376

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 47:39

Speed: 12.59 km/h

Running performance: 04:46 min/km

Rank in course/Total: 28 (of 93)

Rank in course/Men: 27 (of 79)

Best time in course: 33:15

Rank in category: 11(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.	Stage score		Total			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	5:18	4:06	10	1:05	26	1:05	1.29	5:18	4:06	1	-	64	
Lap 2	2.08	9:16	4:27	11	4:50	26	4:50	3.37	14:34	4:19	1	-	65	
Lap 3	2.08	9:43	4:40	11	5:17	27	5:17	5.45	24:17	4:27	11		57	
Lap 4	2.08	10:41	5:08	12	6:15	34	6:15	7.53	34:58	4:38	1	-	57	
Lap 5	2.08	10:44	5:09	9	10:44	30	10:44	9.61	45:42	4:45	9	19:00	56	
Last lap Finish	0.41	1:57	4:45	8	0:23	23	0:28	10.00	47:39	4:45	11	14:24	27	14:24