



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Schnauß, Markus

Club: Katholische Laufjugend Arnstadt
Number: 316

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 48:10

Speed: 12.46 km/h
Running performance: 04:49 min/km

Rank in course/Total: 29 (of 93)

Rank in course/Men: 28 (of 79)

Best time in course: 33:15

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	5:39	4:22	3	0:27	44	1:26	1.29	5:39	4:22	3	0:27	62	0:10
Lap 2	2.08	9:35	4:36	2	0:55	33	5:09	3.37	15:14	4:31	3	1:22	63	
Lap 3	2.08	9:47	4:42	3	0:29	28	5:21	5.45	25:01	4:35	3	1:51	58	
Lap 4	2.08	10:07	4:51	3	0:36	28	5:41	7.53	35:08	4:39	3	2:27	58	
Lap 5	2.08	10:50	5:12	3	0:49	34	10:50	9.61	45:58	4:46	3	3:16	57	
Last lap Finish	0.41	2:12	5:21	4	0:18	46	0:43	10.00	48:10	4:48	3	3:34	28	14:55