



## 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

### Detailed evaluation

#### Seever, Thorsten

Club: SG Motor Arnstadt

Number: 338

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 48:21

Speed: 12.41 km/h

Running performance: 04:50 min/km

Rank in course/Total: 30 (of 93)

Rank in course/Men: 29 (of 79)

Best time in course: 33:15

Rank in category: 5(of 12)

Best time in the category: 40:42

#### 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	5:17	4:05	6	0:35	25	1:04	1.29	5:17	4:05	6			61
Lap 2	2.08	9:16	4:27	6	1:04	26	4:50	3.37	14:33	4:19	6			48
Lap 3	2.08	10:20	4:58	5	1:52	35	5:54	5.45	24:53	4:33	5	3:27		59
Lap 4	2.08	10:45	5:10	6	2:04	36	6:19	7.53	35:38	4:43	5	5:31		59
Lap 5	2.08	10:56	5:15	6	2:13	37	10:56	9.61	46:34	4:50	5	7:37		58
Last lap Finish	0.41	1:47	4:20	3	0:03	12	0:18	10.00	48:21	4:50	5	7:39	29	15:06