



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Wunder, Toni

Club: SV 09 Arnstadt

Number: 343

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 48:31

Speed: 12.37 km/h

Running performance: 04:51 min/km

Rank in course/Total: 31 (of 93)

Rank in course/Men: 30 (of 79)

Best time in course: 33:15

Rank in category: 12(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.29	5:20	4:08	12	1:07	29	1:07	1.29	5:20	4:08	10	0:02	18	
Lap 2	2.08	9:37	4:37	14	5:11	35	5:11	3.37	14:57	4:26	10	0:23	7	
Lap 3	2.08	10:03	4:49	12	5:37	31	5:37	5.45	25:00	4:35	1	-	60	
Lap 4	2.08	10:34	5:04	10	6:08	31	6:08	7.53	35:34	4:43	9	0:36	60	
Lap 5	2.08	10:54	5:14	11	10:54	36	10:54	9.61	46:28	4:50	10	19:46	59	
Last lap Finish	0.41	2:03	5:00	9	0:29	31	0:34	10.00	48:31	4:51	12	15:16	30	15:16