



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Deterding, Martin

Club: Erfurt
Number: 394

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 48:52

Speed: 12.28 km/h
Running performance: 04:53 min/km

Rank in course/Total: 32 (of 93)

Rank in course/Men: 31 (of 79)

Best time in course: 33:15

Rank in category: 13(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	5:14	4:03	9	1:01	20	1:01	1.29	5:14	4:03	9			39
Lap 2	2.08	9:13	4:25	9	4:47	24	4:47	3.37	14:27	4:17	9			60
Lap 3	2.08	10:10	4:53	13	5:44	33	5:44	5.45	24:37	4:31	9			53
Lap 4	2.08	10:48	5:11	13	6:22	38	6:22	7.53	35:25	4:42	8	0:27		61
Lap 5	2.08	11:19	5:26	12	11:19	43	11:19	9.61	46:44	4:51	11	20:02		60
Last lap Finish	0.41	2:08	5:12	13	0:34	40	0:39	10.00	48:52	4:53	13	15:37		31 15:37