



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Beck, Andreas

Club: LSV Lok Arnstadt

Number: 325

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 48:58

Speed: 12.25 km/h

Running performance: 04:54 min/km

Rank in course/Total: 33 (of 93)

Rank in course/Men: 32 (of 79)

Best time in course: 33:15

Rank in category: 3(of 11)

Best time in the category: 41:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		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	5:56	4:35	8	0:52	53	1:43	1.29	5:56	4:35	4	0:23	32	0:27
Lap 2	2.08	9:55	4:46	4	1:32	41	5:29	3.37	15:51	4:42	4	0:59	11	0:06
Lap 3	2.08	10:03	4:49	4	1:26	31	5:37	5.45	25:54	4:45	3	3:50	4	
Lap 4	2.08	10:29	5:02	4	1:41	30	6:03	7.53	36:23	4:49	3	5:31	62	
Lap 5	2.08	10:35	5:05	5	10:35	29	10:35	9.61	46:58	4:53	3	7:16	61	
Last lap Finish	0.41	2:00	4:52	3	0:17	29	0:31	10.00	48:58	4:53	3	7:33	32	15:43