



22. Arnstädter Citylauf  
Arnstadt / 28.04.2012

Detailed evaluation

Krafft, Harald

Number: 400

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 49:03

Speed: 12.23 km/h

Running performance: 04:54 min/km

Rank in course/Total: 34 (of 93)

Rank in course/Men: 33 (of 79)

Best time in course: 33:15

Rank in category: 14(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	5:35	4:19	14	1:22	38	1:22	1.29	5:35	4:19	8	0:17	29	0:06
Lap 2	2.08	9:31	4:34	13	5:05	32	5:05	3.37	15:06	4:28	8	0:32	58	
Lap 3	2.08	10:29	5:02	14	6:03	38	6:03	5.45	25:35	4:41	8	0:35	63	
Lap 4	2.08	10:37	5:06	11	6:11	32	6:11	7.53	36:12	4:48	7	1:14	63	
Lap 5	2.08	10:46	5:10	10	10:46	31	10:46	9.61	46:58	4:53	12	20:16	61	
Last lap Finish	0.41	2:05	5:04	12	0:31	36	0:36	10.00	49:03	4:54	14	15:48	33	15:48