



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Rehberg, Ingo

Club: Team Kondi - Uni Bayreuth

Number: 351

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 49:11

Speed: 12.20 km/h

Running performance: 04:55 min/km

Rank in course/Total: 35 (of 93)

Rank in course/Men: 34 (of 79)

Best time in course: 33:15

Rank in category: 2(of 3)

Best time in the category: 43:26

Intermediate times

Stage score

Total ranking

| Control | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|-----------------|--------------------|------------|--------------|----------|-------------|---------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
| | 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 | 5:37 | 4:21 | 2 | 0:23 | 39 | 1:24 | 1.29 | 5:37 | 4:21 | 2 | 0:23 | 8 | 0:08 |
| Lap 2 | 2.08 | 9:51 | 4:44 | 2 | 1:00 | 39 | 5:25 | 3.37 | 15:28 | 4:35 | 2 | 1:23 | 29 | |
| Lap 3 | 2.08 | 10:24 | 5:00 | 2 | 1:18 | 37 | 5:58 | 5.45 | 25:52 | 4:44 | 2 | 2:41 | 12 | |
| Lap 4 | 2.08 | 10:40 | 5:07 | 2 | 1:27 | 33 | 6:14 | 7.53 | 36:32 | 4:51 | 2 | 4:08 | 64 | |
| Lap 5 | 2.08 | 10:47 | 5:11 | 2 | 1:34 | 32 | 10:47 | 9.61 | 47:19 | 4:55 | 2 | 5:42 | 17 | |
| Last lap Finish | 0.41 | 1:52 | 4:33 | 3 | 0:03 | 21 | 0:23 | 10.00 | 49:11 | 4:55 | 2 | 5:45 | 34 | 15:56 |