



22. Arnstädter Citylauf  
Arnstadt / 28.04.2012

Detailed evaluation

grunwald, maxe

Club: Katholische Laufjugend Arnstadt  
Number: 310

Course: 10.00 km  
Die Schwenninger 10-km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 49:17

Speed: 12.17 km/h  
Running performance: 04:56 min/km

Rank in course/Total: 37 (of 93)

Rank in course/Men: 36 (of 79)

Best time in course: 33:15

Rank in category: 2(of 8)

Best time in the category: 39:40

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	5:20	4:08	2	0:29	29	1:07	1.29	5:20	4:08	3	0:29	18		
Lap 2	2.08	9:22	4:30	2	1:18	30	4:56	3.37	14:42	4:21	3	1:47	19		
Lap 3	2.08	10:15	4:55	3	2:00	34	5:49	5.45	24:57	4:34	2	3:47	17		
Lap 4	2.08	11:05	5:19	4	2:33	43	6:39	7.53	36:02	4:47	2	6:20	17		
Lap 5	2.08	11:11	5:22	4	2:42	40	11:11	9.61	47:13	4:54	2	9:02	2		
Last lap Finish	0.41	2:04	5:02	2	0:35	35	0:35	10.00	49:17	4:55	2	9:37	36	16:02	