



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Angerstein, Matthias

Club: Jena

Number: 374

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 49:16

Speed: 12.18 km/h

Running performance: 04:56 min/km

Rank in course/Total: 36 (of 93)

Rank in course/Men: 35 (of 79)

Best time in course: 33:15

Rank in category: 15(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	6:34	5:05	19	2:21	66	2:21	1.29	6:34	5:05	7	1:16	17	1:05
Lap 2	2.08	12:00	5:46	19	7:34	66	7:34	3.37	18:34	5:30	7	4:00	18	2:49
Lap 3	2.08	12:52	6:11	19	8:26	65	8:26	5.45	31:26	5:46	7	6:26	2	5:00
Lap 4	2.08	14:35	7:00	18	10:09	63	10:09	7.53	46:01	6:06	6	11:03	2	7:56
Lap 5	2.08	fehlt!	-	-	-	-	-	9.61	-	-	-	-	-	-
Last lap Finish	0.41	3:15	7:55	16	1:41	59	1:46	10.00	49:16	4:55	15	16:01	35	16:01