



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Simon, Sven

Club: Klettbach
Number: 366

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 49:34

Speed: 12.10 km/h
Running performance: 04:58 min/km

Rank in course/Total: 39 (of 93)

Rank in course/Men: 38 (of 79)

Best time in course: 33:15

Rank in category: 6(of 12)

Best time in the category: 40:42

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	5:08	3:58	3	0:26	15	0:55	1.29	5:08	3:58	4			16
Lap 2	2.08	9:00	4:19	4	0:48	21	4:34	3.37	14:08	4:11	7			17
Lap 3	2.08	12:46	6:08	11	4:18	64	8:20	5.45	26:54	4:56	6	5:28	3	0:28
Lap 4	2.08	10:10	4:53	5	1:29	29	5:44	7.53	37:04	4:55	6	6:57	3	
Lap 5	2.08	10:32	5:03	5	1:49	27	10:32	9.61	47:36	4:57	6	8:39	3	
Last lap Finish	0.41	1:58	4:47	5	0:14	24	0:29	10.00	49:34	4:57	6	8:52	38	16:19