



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Meier, René

Club: 1. SV Dienststedt-Hettstedt

Number: 403

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 49:27

Speed: 12.13 km/h

Running performance: 04:56 min/km

Rank in course/Total: 38 (of 93)

Rank in course/Men: 37 (of 79)

Best time in course: 33:15

Rank in category: 5(of 9)

Best time in the category: 41:22

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	5:43	4:25	6	0:56	46	1:30	1.29	5:43	4:25	5	0:47	10	0:14
Lap 2	2.08	9:48	4:42	6	1:41	38	5:22	3.37	15:31	4:36	5	2:07	10	
Lap 3	2.08	10:23	4:59	5	1:46	36	5:57	5.45	25:54	4:45	5	3:52	4	
Lap 4	2.08	10:42	5:08	5	1:55	35	6:16	7.53	36:36	4:51	5	5:47	4	
Lap 5	2.08	10:48	5:11	5	1:55	33	10:48	9.61	47:24	4:55	5	7:42	4	
Last lap Finish	0.41	2:03	5:00	4	0:23	31	0:34	10.00	49:27	4:56	5	8:05	37	16:12