



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Kaufmann, Dominique

Club: Die Schwenninger

Number: 303

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 49:38

Speed: 12.09 km/h

Running performance: 04:58 min/km

Rank in course/Total: 40 (of 93)

Rank in course/Men: 39 (of 79)

Best time in course: 33:15

Rank in category: 3(of 8)

Best time in the category: 39:40

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	5:44	4:26	4	0:53	48	1:31	1.29	5:44	4:26	4	0:53	14	0:15	
Lap 2	2.08	9:47	4:42	3	1:43	37	5:21	3.37	15:31	4:36	4	2:36	10		
Lap 3	2.08	9:47	4:42	2	1:32	28	5:21	5.45	25:18	4:38	7	4:08	65		
Lap 4	2.08	9:47	4:42	2	1:15	22	5:21	7.53	35:05	4:39	7	5:23	65		
Lap 5	2.08	9:47	4:42	2	1:18	20	9:47	9.61	44:52	4:40	7	6:41	63		
Last lap Finish	0.41	34:07	83:12	7	32:38	64	32:38	10.00	49:38	4:57	3	9:58	39	16:23	