



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Schäge, Rico

Club: Arnstadt

Number: 365

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 50:00

Speed: 12.00 km/h

Running performance: 05:00 min/km

Rank in course/Total: 41 (of 93)

Rank in course/Men: 40 (of 79)

Best time in course: 33:15

Rank in category: 7(of 12)

Best time in the category: 40:42

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	5:37	4:21	8	0:55	39	1:24	1.29	5:37	4:21	8		8	0:08
Lap 2	2.08	9:56	4:46	8	1:44	42	5:30	3.37	15:33	4:36	8		14	
Lap 3	2.08	10:30	5:02	6	2:02	39	6:04	5.45	26:03	4:46	7	4:37	5	
Lap 4	2.08	10:47	5:11	7	2:06	37	6:21	7.53	36:50	4:53	7	6:43	5	
Lap 5	2.08	11:12	5:23	7	2:29	41	11:12	9.61	48:02	4:59	7	9:05	5	
Last lap Finish	0.41	1:58	4:47	5	0:14	24	0:29	10.00	50:00	5:00	7	9:18	40	16:45