



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Jänner, Karsten

Club: Geraberg
Number: 364

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 50:07

Speed: 11.97 km/h
Running performance: 05:01 min/km

Rank in course/Total: 42 (of 93)

Rank in course/Men: 41 (of 79)

Best time in course: 33:15

Rank in category: 8(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	5:28	4:14	7	0:46	34	1:15	1.29	5:28	4:14	9		12	
Lap 2	2.08	9:57	4:47	9	1:45	43	5:31	3.37	15:25	4:34	9		13	
Lap 3	2.08	10:34	5:04	7	2:06	40	6:08	5.45	25:59	4:46	8	4:33	6	
Lap 4	2.08	10:50	5:12	8	2:09	39	6:24	7.53	36:49	4:53	8	6:42	6	
Lap 5	2.08	11:12	5:23	7	2:29	41	11:12	9.61	48:01	4:59	8	9:04	6	
Last lap Finish	0.41	2:06	5:07	8	0:22	38	0:37	10.00	50:07	5:00	8	9:25	41	16:52