



22. Arnstädter Citylauf
Arnstadt / 28.04.2012

Detailed evaluation

Trefflich, Denny

Club: Bittstädt
Number: 360

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 50:27

Speed: 11.89 km/h
Running performance: 05:02 min/km

Rank in course/Total: 43 (of 93)

Rank in course/Men: 42 (of 79)

Best time in course: 33:15

Rank in category: 4(of 8)

Best time in the category: 39:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	5:29	4:15	3	0:38	35	1:16	1.29	5:29	4:15	5	0:38	1	-
Lap 2	2.08	10:08	4:52	4	2:04	48	5:42	3.37	15:37	4:38	5	2:42	3	
Lap 3	2.08	10:37	5:06	4	2:22	42	6:11	5.45	26:14	4:48	3	5:04	7	
Lap 4	2.08	10:58	5:16	3	2:26	40	6:32	7.53	37:12	4:56	3	7:30	7	
Lap 5	2.08	11:10	5:22	3	2:41	38	11:10	9.61	48:22	5:01	3	10:11	7	
Last lap Finish	0.41	2:05	5:04	3	0:36	36	0:36	10.00	50:27	5:02	4	10:47	42	17:12