



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Spieß, Kevin

Club: Arnstadt

Number: 381

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 50:52

Speed: 11.80 km/h

Running performance: 05:05 min/km

Rank in course/Total: 44 (of 93)

Rank in course/Men: 43 (of 79)

Best time in course: 33:15

Rank in category: 16(of 22)

Best time in the category: 33:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men				Pos Men	Behind Men		
Lap 1	1.29	5:43	4:25	16	1:30	46	1:30	1.29	5:43	4:25	6	0:25	10	0:14
Lap 2	2.08	10:02	4:49	15	5:36	45	5:36	3.37	15:45	4:40	6	1:11	1	-
Lap 3	2.08	10:39	5:07	15	6:13	43	6:13	5.45	26:24	4:50	6	1:24	8	
Lap 4	2.08	11:05	5:19	14	6:39	43	6:39	7.53	37:29	4:58	5	2:31	8	
Lap 5	2.08	11:20	5:26	13	11:20	45	11:20	9.61	48:49	5:04	13	22:07	8	
Last lap Finish	0.41	2:03	5:00	9	0:29	31	0:34	10.00	50:52	5:05	16	17:37	43	17:37