



# 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

## Detailed evaluation

### Spranger, Steffen

Club: JOHO Stützerbach

Number: 395

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 50:56

Speed: 11.78 km/h

Running performance: 05:05 min/km

Rank in course/Total: 45 (of 93)

Rank in course/Men: 44 (of 79)

Best time in course: 33:15

Rank in category: 9(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	5:40	4:23	9	0:58	45	1:27	1.29	5:40	4:23	10		9	0:11
Lap 2	2.08	9:51	4:44	7	1:39	39	5:25	3.37	15:31	4:36	10		10	
Lap 3	2.08	10:48	5:11	8	2:20	47	6:22	5.45	26:19	4:49	9	4:53	9	
Lap 4	2.08	11:11	5:22	9	2:30	46	6:45	7.53	37:30	4:58	9	7:23	9	
Lap 5	2.08	11:19	5:26	9	2:36	43	11:19	9.61	48:49	5:04	9	9:52	8	
Last lap Finish	0.41	2:07	5:09	9	0:23	39	0:38	10.00	50:56	5:05	9	10:14	44	17:41