



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Schmidt, Ronny

Club: KSV Ictershausen

Number: 323

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 50:57

Speed: 11.78 km/h

Running performance: 05:06 min/km

Rank in course/Total: 46 (of 93)

Rank in course/Men: 45 (of 79)

Best time in course: 33:15

Rank in category: 4(of 5)

Best time in the category: 44:36

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	5:37	4:21	2	0:25	39	1:24	1.29	5:37	4:21	4	0:25	8	0:08
Lap 2	2.08	10:33	5:04	4	1:53	55	6:07	3.37	16:10	4:47	4	2:18	9	0:25
Lap 3	2.08	10:54	5:14	4	1:36	48	6:28	5.45	27:04	4:57	4	3:54	10	0:38
Lap 4	2.08	11:03	5:18	4	1:32	42	6:37	7.53	38:07	5:03	4	5:26	10	0:02
Lap 5	2.08	10:52	5:13	4	0:51	35	10:52	9.61	48:59	5:05	4	6:17	10	
Last lap Finish	0.41	1:58	4:47	2	0:04	24	0:29	10.00	50:57	5:05	4	6:21	45	17:42