



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Böttner, Uli

Club: SVE Frankenhain

Number: 399

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 51:13

Speed: 11.71 km/h

Running performance: 05:07 min/km

Rank in course/Total: 48 (of 93)

Rank in course/Men: 47 (of 79)

Best time in course: 33:15

Rank in category: 6(of 9)

Best time in the category: 41:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			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	5:15	4:04	5	0:28	23	1:02	1.29	5:15	4:04	6	0:19	6	
Lap 2	2.08	9:42	4:39	5	1:35	36	5:16	3.37	14:57	4:26	6	1:33	7	
Lap 3	2.08	10:55	5:14	6	2:18	49	6:29	5.45	25:52	4:44	6	3:50	12	
Lap 4	2.08	11:20	5:26	6	2:33	47	6:54	7.53	37:12	4:56	6	6:23	7	
Lap 5	2.08	11:47	5:39	6	2:54	50	11:47	9.61	48:59	5:05	6	9:17	10	
Last lap Finish	0.41	2:14	5:26	6	0:34	47	0:45	10.00	51:13	5:07	6	9:51	47	17:58