



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Holtzhausen, Uwe

Club: Ilmenau

Number: 363

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Rank in course/Total: DNF (of 93)

Rank in course/Men: DNF (of 79)

Best time in course: 33:15

Rank in category: DNF(of 12)

Best time in the category: 40:42

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	6:09	4:46	11	1:27	60	1:56	1.29	6:09	4:46	11		5	0:40
Lap 2	2.08	10:33	5:04	11	2:21	55	6:07	3.37	16:42	4:57	11		6	0:57
Lap 3	2.08	12:10	5:50	10	3:42	57	7:44	5.45	28:52	5:17	10	7:26	13	2:26
Lap 4	2.08	15:22	7:23	11	6:41	65	10:56	7.53	44:14	5:52	10	14:07	13	6:09
Lap 5	2.08	fehlt!	-	-	-	-	-	9.61	-	-	-	-	-	-
Last lap Finish	0.41	fehlt!	-	-	-	-	-	10.00	-	-	-	-	-	-