



## 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

### Detailed evaluation

Hüther, Winfried

Club: SV Ictershausen e.V.  
Number: 345

Course: 10.00 km  
Die Schwenninger 10-km-Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 52:03

Speed: 11.53 km/h  
Running performance: 05:12 min/km

Rank in course/Total: 49 (of 93)

Rank in course/Men: 48 (of 79)

Best time in course: 33:15

Rank in category: 3(of 3)

Best time in the category: 43:26

### 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	6:00	4:39	3	0:46	56	1:47	1.29	6:00	4:39	3	0:46	4	0:31
Lap 2	2.08	10:23	4:59	3	1:32	50	5:57	3.37	16:23	4:51	3	2:18	5	0:38
Lap 3	2.08	10:59	5:16	3	1:53	50	6:33	5.45	27:22	5:01	3	4:11	14	0:56
Lap 4	2.08	11:41	5:37	3	2:28	52	7:15	7.53	39:03	5:11	3	6:39	14	0:58
Lap 5	2.08	11:10	5:22	3	1:57	38	11:10	9.61	50:13	5:13	3	8:36	13	
Last lap Finish	0.41	1:50	4:28	2	0:01	17	0:21	10.00	52:03	5:12	3	8:37	48	18:48