



## 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

### Detailed evaluation

Schulz, Hartmut

Club: Dream Team Ilmenau  
Number: 305

Course: 10.00 km  
Die Schwenninger 10-km-Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 52:12

Speed: 11.49 km/h  
Running performance: 05:13 min/km

Rank in course/Total: 50 (of 93)

Rank in course/Men: 49 (of 79)

Best time in course: 33:15

Rank in category: 2(of 3)

Best time in the category: 44:24

### 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	6:22	4:56	2	1:06	64	2:09	1.29	6:22	4:56	2	1:06	3	0:53
Lap 2	2.08	10:25	5:00	2	1:34	51	5:59	3.37	16:47	4:58	2	2:40	4	1:02
Lap 3	2.08	10:47	5:11	2	1:43	46	6:21	5.45	27:34	5:03	2	4:23	15	1:08
Lap 4	2.08	11:00	5:17	2	1:37	41	6:34	7.53	38:34	5:07	2	6:00	15	0:29
Lap 5	2.08	11:23	5:28	2	1:33	46	11:23	9.61	49:57	5:11	2	7:33	14	
Last lap Finish	0.41	2:15	5:29	2	0:15	48	0:46	10.00	52:12	5:13	2	7:48	49	18:57