



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Fischer, Torsten

Club: PDV Power Runners
Number: 383

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 52:20

Speed: 11.46 km/h
Running performance: 05:14 min/km

Rank in course/Total: 51 (of 93)

Rank in course/Men: 50 (of 79)

Best time in course: 33:15

Rank in category: 4(of 11)

Best time in the category: 41:25

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	5:33	4:18	2	0:29	36	1:20	1.29	5:33	4:18	1	-	2	0:04
Lap 2	2.08	10:04	4:50	6	1:41	47	5:38	3.37	15:37	4:38	5	0:45	3	
Lap 3	2.08	10:42	5:08	6	2:05	44	6:16	5.45	26:19	4:49	4	4:15	9	
Lap 4	2.08	11:30	5:31	5	2:42	48	7:04	7.53	37:49	5:01	4	6:57	16	
Lap 5	2.08	12:05	5:48	6	12:05	52	12:05	9.61	49:54	5:11	4	10:12	15	
Last lap Finish	0.41	2:26	5:56	7	0:43	52	0:57	10.00	52:20	5:14	4	10:55	50	19:05