



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Hochsattel, Hans-Jrg

Club: WSV08 Ilmenau
Number: 398

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 52:49

Speed: 11.36 km/h
Running performance: 05:17 min/km

Rank in course/Total: 52 (of 93)

Rank in course/Men: 51 (of 79)

Best time in course: 33:15

Rank in category: 5(of 11)

Best time in the category: 41:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.29	5:54	4:34	6	0:50	51	1:41	1.29	5:54	4:34	6	0:21	27	0:25
Lap 2	2.08	9:57	4:47	5	1:34	43	5:31	3.37	15:51	4:42	4	0:59	11	0:06
Lap 3	2.08	10:35	5:05	5	1:58	41	6:09	5.45	26:26	4:51	5	4:22	1	-
Lap 4	2.08	11:39	5:36	6	2:51	50	7:13	7.53	38:05	5:03	5	7:13	1	-
Lap 5	2.08	12:23	5:57	8	12:23	54	12:23	9.61	50:28	5:15	5	10:46	16	
Last lap Finish	0.41	2:21	5:43	6	0:38	50	0:52	10.00	52:49	5:16	5	11:24	51	19:34