



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Meurer, Ingo

Club: SV Olympia Neustadt

Number: 348

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 53:05

Speed: 11.30 km/h

Running performance: 05:19 min/km

Rank in course/Total: 53 (of 93)

Rank in course/Men: 52 (of 79)

Best time in course: 33:15

Rank in category: 10(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	6:04	4:42	10	1:22	58	1:51	1.29	6:04	4:42	12		35	0:35
Lap 2	2.08	10:25	5:00	10	2:13	51	5:59	3.37	16:29	4:53	12		37	0:44
Lap 3	2.08	11:05	5:19	9	2:37	51	6:39	5.45	27:34	5:03	11	6:08	15	1:08
Lap 4	2.08	11:41	5:37	10	3:00	52	7:15	7.53	39:15	5:12	11	9:08	18	1:10
Lap 5	2.08	11:41	5:37	10	2:58	49	11:41	9.61	50:56	5:18	10	11:59	1	-
Last lap Finish	0.41	2:09	5:14	10	0:25	42	0:40	10.00	53:05	5:18	10	12:23	52	19:50