



## 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

### Detailed evaluation

**Luther, Swen**

Club: Katholische Laufjugend Arnstadt  
Number: 313

Course: 10.00 km  
Die Schwenninger 10-km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 53:47

Speed: 11.16 km/h  
Running performance: 05:23 min/km

Rank in course/Total: 54 (of 93)

Rank in course/Men: 53 (of 79)

Best time in course: 33:15

Rank in category: 5(of 8)

Best time in the category: 39:40

#### 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	5	1:13	58	1:51	1.29	6:04	4:42	6	1:13	35	0:35
Lap 2	2.08	10:17	4:56	5	2:13	49	5:51	3.37	16:21	4:51	6	3:26	36	0:36
Lap 3	2.08	11:08	5:21	5	2:53	53	6:42	5.45	27:29	5:02	4	6:19	19	1:03
Lap 4	2.08	11:58	5:45	5	3:26	55	7:32	7.53	39:27	5:14	4	9:45	19	1:22
Lap 5	2.08	12:03	5:47	5	3:34	51	12:03	9.61	51:30	5:21	4	13:19	18	0:34
Last lap Finish	0.41	2:17	5:34	4	0:48	49	0:48	10.00	53:47	5:22	5	14:07	53	20:32