



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Kauke, Wilfried

Club: Leipzig
Number: 387

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 53:58

Speed: 11.12 km/h
Running performance: 05:24 min/km

Rank in course/Total: 56 (of 93)

Rank in course/Men: 54 (of 79)

Best time in course: 33:15

Rank in category: 1(of 2)

Best time in the category: 53:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	6:15	4:50	1	-	62	2:02	1.29	6:15	4:50	1	-	34	0:46
Lap 2	2.08	10:51	5:12	1	-	58	6:25	3.37	17:06	5:04	1	-	35	1:21
Lap 3	2.08	11:21	5:27	1	-	55	6:55	5.45	28:27	5:13	1	-	20	2:01
Lap 4	2.08	11:30	5:31	1	-	48	7:04	7.53	39:57	5:18	1	-	20	1:52
Lap 5	2.08	11:39	5:36	1	-	48	11:39	9.61	51:36	5:22	1	-	19	0:40
Last lap Finish	0.41	2:22	5:46	1	-	51	0:53	10.00	53:58	5:23	1	-	54	20:43