



22. Arnstädter Citylauf
Arnstadt / 28.04.2012

Detailed evaluation

möller, frank

Club: firma harry-brot
Number: 308

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 54:00

Speed: 11.11 km/h
Running performance: 05:24 min/km

Rank in course/Total: 57 (of 93)

Rank in course/Men: 55 (of 79)

Best time in course: 33:15

Rank in category: 6(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 | 6:31 | 5:03 | 9 | 1:27 | 65 | 2:18 | 1.29 | 6:31 | 5:03 | 7 | 0:58 | 33 | 1:02 |
| Lap 2 | 2.08 | 10:25 | 5:00 | 7 | 2:02 | 51 | 5:59 | 3.37 | 16:56 | 5:01 | 7 | 2:04 | 34 | 1:11 |
| Lap 3 | 2.08 | 11:05 | 5:19 | 7 | 2:28 | 51 | 6:39 | 5.45 | 28:01 | 5:08 | 6 | 5:57 | 21 | 1:35 |
| Lap 4 | 2.08 | 11:39 | 5:36 | 6 | 2:51 | 50 | 7:13 | 7.53 | 39:40 | 5:16 | 6 | 8:48 | 21 | 1:35 |
| Lap 5 | 2.08 | 12:10 | 5:50 | 7 | 12:10 | 53 | 12:10 | 9.61 | 51:50 | 5:23 | 6 | 12:08 | 20 | 0:54 |
| Last lap Finish | 0.41 | 2:10 | 5:17 | 5 | 0:27 | 45 | 0:41 | 10.00 | 54:00 | 5:24 | 6 | 12:35 | 55 | 20:45 |