



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	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
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