



22. Arnstädter Citylauf
Arnstadt / 28.04.2012

Detailed evaluation

krull, manfred

Club: harry-brot erfurt
Number: 309

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 54:08

Speed: 11.08 km/h
Running performance: 05:25 min/km

Rank in course/Total: 58 (of 93)

Rank in course/Men: 56 (of 79)

Best time in course: 33:15

Rank in category: 7(of 11)

Best time in the category: 41:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Total ranking	
						Pos Men	Behind Men					Pos Men	Behind Men
Lap 1	1.29	-	-	11		75		1.29	-	-	11		75
Lap 2	2.08	-	-	11		76		3.37	-	-	11		75
Lap 3	2.08	-	-	11		69		5.45	-	-	10		65
Lap 4	2.08	-	-	11		68		7.53	-	-	10		65
Lap 5	2.08	-	-	1	-	1	-	9.61	-	-	10		63
Last lap Finish	0.41	54:08	132:01	10	52:25	65	52:39	10.00	54:08	5:24	7	12:43	56 20:53