



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Brodkorb, Thomas

Club: TSV 09 Arnstadt

Number: 355

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 56:11

Speed: 10.68 km/h

Running performance: 05:37 min/km

Rank in course/Total: 61 (of 93)

Rank in course/Men: 58 (of 79)

Best time in course: 33:15

Rank in category: 19(of 22)

Best time in the category: 33:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	5:22	4:09	13	1:09	31	1:09	1.29	5:22	4:09	3	0:04	30	
Lap 2	2.08	10:39	5:07	18	6:13	57	6:13	3.37	16:01	4:45	3	1:27	31	0:16
Lap 3	2.08	12:21	5:56	18	7:55	60	7:55	5.45	28:22	5:12	3	3:22	23	1:56
Lap 4	2.08	12:33	6:02	17	8:07	56	8:07	7.53	40:55	5:26	2	5:57	23	2:50
Lap 5	2.08	13:08	6:18	16	13:08	57	13:08	9.61	54:03	5:37	16	27:21	22	3:07
Last lap Finish	0.41	2:08	5:12	13	0:34	40	0:39	10.00	56:11	5:37	19	22:56	58	22:56