



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Hopf, Jochen

Club: INAS Lauftreff Erfurt

Number: 397

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 56:12

Speed: 10.68 km/h

Running performance: 05:37 min/km

Rank in course/Total: 62 (of 93)

Rank in course/Men: 59 (of 79)

Best time in course: 33:15

Rank in category: 8(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	5:45	4:27	5	0:41	49	1:32	1.29	5:45	4:27	8	0:12	20	0:16
Lap 2	2.08	10:57	5:15	8	2:34	62	6:31	3.37	16:42	4:57	8	1:50	6	0:57
Lap 3	2.08	12:10	5:50	8	3:33	57	7:44	5.45	28:52	5:17	7	6:48	13	2:26
Lap 4	2.08	12:38	6:04	8	3:50	57	8:12	7.53	41:30	5:30	7	10:38	24	3:25
Lap 5	2.08	12:33	6:02	9	12:33	55	12:33	9.61	54:03	5:37	7	14:21	22	3:07
Last lap Finish	0.41	2:09	5:14	4	0:26	42	0:40	10.00	56:12	5:37	8	14:47	59	22:57