



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Wendemuth, Eckhard

Club: SC Impuls Erfurt
Number: 388

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 58:51

Speed: 10.20 km/h
Running performance: 05:53 min/km

Rank in course/Total: 67 (of 93)

Rank in course/Men: 60 (of 79)

Best time in course: 33:15

Rank in category: 2(of 2)

Best time in the category: 53:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.29	6:19	4:53	2	0:04	63	2:06	1.29	6:19	4:53	2	0:04	28	0:50	
Lap 2	2.08	11:00	5:17	2	0:09	64	6:34	3.37	17:19	5:08	2	0:13	20	1:34	
Lap 3	2.08	11:50	5:41	2	0:29	56	7:24	5.45	29:09	5:20	2	0:42	25	2:43	
Lap 4	2.08	13:21	6:25	2	1:51	61	8:55	7.53	42:30	5:38	2	2:33	25	4:25	
Lap 5	2.08	13:44	6:36	2	2:05	59	13:44	9.61	56:14	5:51	2	4:38	24	5:18	
Last lap Finish	0.41	2:37	6:22	2	0:15	57	1:08	10.00	58:51	5:53	2	4:53	60	25:36	