



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Moldenhauer, Frank

Club: Ilmenau

Number: 370

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 59:57

Speed: 10.01 km/h

Running performance: 06:00 min/km

Rank in course/Total: 68 (of 93)

Rank in course/Men: 61 (of 79)

Best time in course: 33:15

Rank in category: 9(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.29	5:54	4:34	6	0:50	51	1:41	1.29	5:54	4:34	6	0:21	27	0:25
Lap 2	2.08	10:58	5:16	9	2:35	63	6:32	3.37	16:52	5:00	9	2:00	28	1:07
Lap 3	2.08	12:33	6:02	9	3:56	61	8:07	5.45	29:25	5:23	8	7:21	26	2:59
Lap 4	2.08	13:52	6:40	9	5:04	62	9:26	7.53	43:17	5:44	8	12:25	26	5:12
Lap 5	2.08	14:11	6:49	11	14:11	63	14:11	9.61	57:28	5:58	8	17:46	25	6:32
Last lap Finish	0.41	2:29	6:03	8	0:46	54	1:00	10.00	59:57	5:59	9	18:32	61	26:42