



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Schmidt, André

Club: Katholische Laufjugend Arnstadt

Number: 314

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:02:12

Speed: 9.65 km/h

Running performance: 06:13 min/km

Rank in course/Total: 70 (of 93)

Rank in course/Men: 62 (of 79)

Best time in course: 33:15

Rank in category: 6(of 8)

Best time in the category: 39:40

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	7:51	6:05	6	3:00	69	3:38	1.29	7:51	6:05	7	3:00	24	2:22
Lap 2	2.08	12:10	5:50	6	4:06	67	7:44	3.37	20:01	5:56	7	7:06	25	4:16
Lap 3	2.08	12:39	6:04	7	4:24	63	8:13	5.45	32:40	5:59	5	11:30	28	6:14
Lap 4	2.08	12:54	6:12	6	4:22	58	8:28	7.53	45:34	6:03	5	15:52	27	7:29
Lap 5	2.08	14:03	6:45	6	5:34	61	14:03	9.61	59:37	6:12	5	21:26	26	8:41
Last lap Finish	0.41	2:35	6:18	5	1:06	55	1:06	10.00	1:02:12	6:13	6	22:32	62	28:57