



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Fleischer, Stephan

Club: Katholische Laufjugend Arnstadt
Number: 311

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:02:13

Speed: 9.64 km/h
Running performance: 06:13 min/km

Rank in course/Total: 71 (of 93)

Rank in course/Men: 63 (of 79)

Best time in course: 33:15

Rank in category: 7(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 | 12:38 | 6:04 | 6 | 4:23 | 62 | 8:12 | 5.45 | 32:39 | 5:59 | 6 | 11:29 | 29 | 6:13 |
| Lap 4 | 2.08 | 12:55 | 6:12 | 7 | 4:23 | 59 | 8:29 | 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 | 2:36 | 6:20 | 6 | 1:07 | 56 | 1:07 | 10.00 | 1:02:13 | 6:13 | 7 | 22:33 | 63 | 28:58 |