



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Weist, Jürgen

Club: Katholische Laufjugend Arnstadt
Number: 319

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:12:49

Speed: 8.24 km/h
Running performance: 07:17 min/km

Rank in course/Total: 79 (of 93)

Rank in course/Men: 65 (of 79)

Best time in course: 33:15

Rank in category: 7(of 9)

Best time in the category: 41:22

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	7:50	6:04	8	3:03	68	3:37	1.29	7:50	6:04	8	2:54	22	2:21	
Lap 2	2.08	13:47	6:37	8	5:40	71	9:21	3.37	21:37	6:24	8	8:13	22	5:52	
Lap 3	2.08	14:37	7:01	8	6:00	67	10:11	5.45	36:14	6:38	7	14:12	31	9:48	
Lap 4	2.08	16:06	7:44	8	7:19	66	11:40	7.53	52:20	6:56	7	21:31	31	14:15	
Lap 5	2.08	17:02	8:11	8	8:09	65	17:02	9.61	1:09:22	7:13	7	29:40	30	18:26	
Last lap Finish	0.41	3:27	8:24	7	1:47	60	1:58	10.00	1:12:49	7:16	7	31:27	65	39:34	