



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Senz, Stefan

Club: SV Ictershausen e.V.
Number: 346

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 38:12

Speed: 15.71 km/h
Running performance: 03:49 min/km

Rank in course/Total: 2 (of 93)

Rank in course/Men: 2 (of 79)

Best time in course: 33:15

Rank in category: 2(of 22)

Best time in the category: 33:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	1.29	4:33	3:31	5	0:20	5	0:20	1.29	4:33	3:31	20		54	
Lap 2	2.08	7:52	3:46	4	3:26	4	3:26	3.37	12:25	3:41	11		52	
Lap 3	2.08	7:57	3:49	3	3:31	3	3:31	5.45	20:22	3:44	10		49	
Lap 4	2.08	8:05	3:53	2	3:39	2	3:39	7.53	28:27	3:46	10		49	
Lap 5	2.08	fehlt!	-	-	-	-	-	9.61	-	-	-	-	-	-
Last lap Finish	0.41	9:45	23:46	17	8:11	61	8:16	10.00	38:12	3:49	2	4:57	2	4:57