



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Bergmann, Florian

Club: Ilmenau
Number: 375

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 38:43

Speed: 15.50 km/h
Running performance: 03:52 min/km

Rank in course/Total: 3 (of 93)

Rank in course/Men: 3 (of 79)

Best time in course: 33:15

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	4:26	3:26	2	0:13	2	0:13	1.29	4:26	3:26	11		53	
Lap 2	2.08	7:39	3:40	3	3:13	3	3:13	3.37	12:05	3:35	19		54	
Lap 3	2.08	8:13	3:57	4	3:47	4	3:47	5.45	20:18	3:43	18		34	
Lap 4	2.08	8:17	3:58	3	3:51	3	3:51	7.53	28:35	3:47	17		34	
Lap 5	2.08	8:29	4:04	2	8:29	3	8:29	9.61	37:04	3:51	2	10:22	33	
Last lap Finish	0.41	1:39	4:01	2	0:05	3	0:10	10.00	38:43	3:52	3	5:28	3	5:28