



# 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

## Detailed evaluation

**Locke, Stefan**

Club: LG Stadtwerke Muenchen

Number: 396

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 39:40

Speed: 15.13 km/h

Running performance: 03:58 min/km

Rank in course/Total: 4 (of 93)

Rank in course/Men: 4 (of 79)

Best time in course: 33:15

Rank in category: 1(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	4:51	3:45	1	-	10	0:38	1.29	4:51	3:45	1	-	52	
Lap 2	2.08	8:04	3:52	1	-	7	3:38	3.37	12:55	3:49	1	-	53	
Lap 3	2.08	8:15	3:57	1	-	5	3:49	5.45	21:10	3:53	1	-	35	
Lap 4	2.08	8:32	4:06	1	-	4	4:06	7.53	29:42	3:56	1	-	35	
Lap 5	2.08	8:29	4:04	1	-	3	8:29	9.61	38:11	3:58	1	-	34	
Last lap Finish	0.41	1:29	3:37	1	-	1	-	10.00	39:40	3:57	1	-	4	6:25