



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Bürge, Stefan

Club: LTV Erfurt

Number: 333

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 39:45

Speed: 15.09 km/h

Running performance: 03:59 min/km

Rank in course/Total: 5 (of 93)

Rank in course/Men: 5 (of 79)

Best time in course: 33:15

Rank in category: 4(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.29	4:31	3:30	4	0:18	4	0:18	1.29	4:31	3:30	18			51	
Lap 2	2.08	7:54	3:47	5	3:28	5	3:28	3.37	12:25	3:41	11			52	
Lap 3	2.08	8:32	4:06	6	4:06	8	4:06	5.45	20:57	3:50	17			36	
Lap 4	2.08	8:43	4:11	4	4:17	6	4:17	7.53	29:40	3:56	16			36	
Lap 5	2.08	8:31	4:05	3	8:31	5	8:31	9.61	38:11	3:58	3	11:29		34	
Last lap Finish	0.41	1:34	3:49	1	-	2	0:05	10.00	39:45	3:58	4	6:30		5	6:30