



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Leihbecher, Peter

Club: SV Ichtershausen e.V.

Number: 344

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 40:42

Speed: 14.74 km/h

Running performance: 04:04 min/km

Rank in course/Total: 6 (of 93)

Rank in course/Men: 6 (of 79)

Best time in course: 33:15

Rank in category: 1(of 12)

Best time in the category: 40:42

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	4:42	3:38	1	-	7	0:29	1.29	4:42	3:38	2		46	
Lap 2	2.08	8:12	3:56	1	-	10	3:46	3.37	12:54	3:49	2		44	
Lap 3	2.08	8:32	4:06	2	0:04	8	4:06	5.45	21:26	3:55	1	-	37	
Lap 4	2.08	8:41	4:10	1	-	5	4:15	7.53	30:07	3:59	1	-	37	
Lap 5	2.08	8:50	4:14	2	0:07	7	8:50	9.61	38:57	4:03	1	-	36	
Last lap Finish	0.41	1:45	4:16	2	0:01	11	0:16	10.00	40:42	4:04	1	-	6	7:27