



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

May, Maximilian

Club: SG Einheit Arnstadt

Number: 336

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 41:00

Speed: 14.63 km/h

Running performance: 04:06 min/km

Rank in course/Total: 7 (of 93)

Rank in course/Men: 7 (of 79)

Best time in course: 33:15

Rank in category: 5(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	4:38	3:35	6	0:25	6	0:25	1.29	4:38	3:35	17			38	
Lap 2	2.08	8:03	3:52	6	3:37	6	3:37	3.37	12:41	3:45	17			49	
Lap 3	2.08	8:29	4:04	5	4:03	7	4:03	5.45	21:10	3:53	16			35	
Lap 4	2.08	8:55	4:17	5	4:29	10	4:29	7.53	30:05	3:59	15			38	
Lap 5	2.08	9:07	4:22	5	9:07	11	9:07	9.61	39:12	4:04	4	12:30		37	
Last lap Finish	0.41	1:48	4:23	5	0:14	13	0:19	10.00	41:00	4:05	5	7:45		7	7:45