



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Grund, Martin

Club: SV Gelb-Blau Wipfra
Number: 391

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 41:19

Speed: 14.52 km/h
Running performance: 04:08 min/km

Rank in course/Total: 9 (of 93)

Rank in course/Men: 9 (of 79)

Best time in course: 33:15

Rank in category: 6(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	4:42	3:38	7	0:29	7	0:29	1.29	4:42	3:38	16		46	
Lap 2	2.08	8:09	3:55	7	3:43	9	3:43	3.37	12:51	3:48	16		47	
Lap 3	2.08	8:34	4:07	7	4:08	10	4:08	5.45	21:25	3:55	15		40	
Lap 4	2.08	8:56	4:17	6	4:30	11	4:30	7.53	30:21	4:01	14		40	
Lap 5	2.08	9:10	4:24	6	9:10	12	9:10	9.61	39:31	4:06	5	12:49	39	
Last lap Finish	0.41	1:48	4:23	5	0:14	13	0:19	10.00	41:19	4:07	6	8:04	9	8:04