



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Hauser, Olaf

Club: 1. SV Gera
Number: 404

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 41:25

Speed: 14.49 km/h
Running performance: 04:08 min/km

Rank in course/Total: 11 (of 93)

Rank in course/Men: 11 (of 79)

Best time in course: 33:15

Rank in category: 1(of 11)

Best time in the category: 41:25

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	5:04	3:55	1	-	12	0:51	1.29	5:04	3:55	2	-	44	
Lap 2	2.08	8:23	4:01	1	-	12	3:57	3.37	13:27	3:59	2	-	45	
Lap 3	2.08	8:37	4:08	1	-	11	4:11	5.45	22:04	4:02	1	-	42	
Lap 4	2.08	8:48	4:13	1	-	9	4:22	7.53	30:52	4:05	1	-	42	
Lap 5	2.08	8:50	4:14	2	8:50	7	8:50	9.61	39:42	4:07	1	-	40	
Last lap Finish	0.41	1:43	4:11	1	-	8	0:14	10.00	41:25	4:08	1	-	11	8:10