



## 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

### Detailed evaluation

**Haak, Jörg**

Club: WSV Kassel  
Number: 382

Course: 10.00 km  
Die Schwenninger 10-km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 41:56

Speed: 14.31 km/h  
Running performance: 04:11 min/km

Rank in course/Total: 12 (of 93)

Rank in course/Men: 12 (of 79)

Best time in course: 33:15

Rank in category: 2(of 9)

Best time in the category: 41:22

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	1.29	4:47	3:42	1	-	9	0:34	1.29	4:47	3:42	2		43	
Lap 2	2.08	8:07	3:54	1	-	8	3:41	3.37	12:54	3:49	2		44	
Lap 3	2.08	8:37	4:08	1	-	11	4:11	5.45	21:31	3:56	2		43	
Lap 4	2.08	9:11	4:24	2	0:24	13	4:45	7.53	30:42	4:04	2		43	
Lap 5	2.08	9:23	4:30	2	0:30	18	9:23	9.61	40:05	4:10	2	0:23	42	
Last lap Finish	0.41	1:51	4:30	3	0:11	19	0:22	10.00	41:56	4:11	2	0:34	12	8:41