



## 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

### Detailed evaluation

#### Glock, Carsten

Club: Katholische Laufjugend Arnstadt  
Number: 320

Course: 10.00 km  
Die Schwenninger 10-km-Lauf

Category:  
Männer (20-29 Jahre)

Total time: 42:33

Speed: 14.10 km/h  
Running performance: 04:16 min/km

Rank in course/Total: 14 (of 93)

Rank in course/Men: 13 (of 79)

Best time in course: 33:15

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	5:07	3:57	8	0:54	14	0:54	1.29	5:07	3:57	15		42	
Lap 2	2.08	8:46	4:12	8	4:20	18	4:20	3.37	13:53	4:07	15		43	
Lap 3	2.08	9:03	4:21	8	4:37	16	4:37	5.45	22:56	4:12	14		44	
Lap 4	2.08	9:06	4:22	7	4:40	12	4:40	7.53	32:02	4:15	13		44	
Lap 5	2.08	8:52	4:15	4	8:52	9	8:52	9.61	40:54	4:15	6	14:12	43	
Last lap Finish	0.41	1:39	4:01	2	0:05	3	0:10	10.00	42:33	4:15	7	9:18	13	9:18