



22. Arnstädter Citylauf  
Arnstadt / 28.04.2012

Detailed evaluation

Zeiger, Thomas

Club: Katholische Laufjugend Arnstadt  
Number: 318

Course: 10.00 km  
Die Schwenninger 10-km-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 43:15

Speed: 13.87 km/h  
Running performance: 04:19 min/km

Rank in course/Total: 15 (of 93)

Rank in course/Men: 14 (of 79)

Best time in course: 33:15

Rank in category: 3(of 12)

Best time in the category: 40:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men				Pos	Behind		
Lap 1	1.29	5:08	3:58	3	0:26	15	0:55	1.29	5:08	3:58	4		16	
Lap 2	2.08	8:42	4:10	3	0:30	16	4:16	3.37	13:50	4:06	4		42	
Lap 3	2.08	8:55	4:17	3	0:27	14	4:29	5.45	22:45	4:10	3	1:19	45	
Lap 4	2.08	9:19	4:28	3	0:38	16	4:53	7.53	32:04	4:15	3	1:57	45	
Lap 5	2.08	9:21	4:29	3	0:38	17	9:21	9.61	41:25	4:18	3	2:28	44	
Last lap Finish	0.41	1:50	4:28	4	0:06	17	0:21	10.00	43:15	4:19	3	2:33	14	10:00