



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Ritter, Siegfried

Club: SSV Erfurt
Number: 402

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 43:26

Speed: 13.81 km/h
Running performance: 04:20 min/km

Rank in course/Total: 17 (of 93)

Rank in course/Men: 16 (of 79)

Best time in course: 33:15

Rank in category: 1(of 3)

Best time in the category: 43:26

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	5:14	4:03	1	-	20	1:01	1.29	5:14	4:03	1	-	39		
Lap 2	2.08	8:51	4:15	1	-	19	4:25	3.37	14:05	4:10	1	-	40		
Lap 3	2.08	9:06	4:22	1	-	18	4:40	5.45	23:11	4:15	1	-	47		
Lap 4	2.08	9:13	4:25	1	-	14	4:47	7.53	32:24	4:18	1	-	47		
Lap 5	2.08	9:13	4:25	1	-	14	9:13	9.61	41:37	4:19	1	-	46		
Last lap Finish	0.41	1:49	4:25	1	-	15	0:20	10.00	43:26	4:20	1	-	16	10:11	