



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Gergs, Roy

Club: TV 1920 Ilmenau
Number: 357

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 44:04

Speed: 13.62 km/h
Running performance: 04:25 min/km

Rank in course/Total: 18 (of 93)

Rank in course/Men: 17 (of 79)

Best time in course: 33:15

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	5:13	4:02	3	0:26	19	1:00	1.29	5:13	4:02	3	0:17	48	
Lap 2	2.08	8:41	4:10	3	0:34	15	4:15	3.37	13:54	4:07	3	0:30	39	
Lap 3	2.08	9:07	4:22	3	0:30	19	4:41	5.45	23:01	4:13	3	0:59	48	
Lap 4	2.08	9:24	4:31	3	0:37	19	4:58	7.53	32:25	4:18	3	1:36	48	
Lap 5	2.08	9:58	4:47	3	1:05	22	9:58	9.61	42:23	4:24	3	2:41	47	
Last lap Finish	0.41	1:41	4:06	2	0:01	7	0:12	10.00	44:04	4:24	3	2:42	17	10:49