



## 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

### Detailed evaluation

#### Kneise, Wolfram

Club: Katholische Laufjugend Arnstadt  
Number: 321

Course: 10.00 km  
Die Schwenninger 10-km-Lauf

Category:  
Männer (20-29 Jahre)

Total time: 44:08

Speed: 13.60 km/h  
Running performance: 04:25 min/km

Rank in course/Total: 19 (of 93)

Rank in course/Men: 18 (of 79)

Best time in course: 33:15

Rank in category: 8(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	5:18	4:06	10	1:05	26	1:05	1.29	5:18	4:06	1	-	64	
Lap 2	2.08	9:15	4:26	10	4:49	25	4:49	3.37	14:33	4:19	14		48	
Lap 3	2.08	9:14	4:26	9	4:48	20	4:48	5.45	23:47	4:21	13		33	
Lap 4	2.08	9:30	4:34	8	5:04	20	5:04	7.53	33:17	4:25	12		33	
Lap 5	2.08	9:12	4:25	7	9:12	13	9:12	9.61	42:29	4:25	7	15:47	32	
Last lap Finish	0.41	1:39	4:01	2	0:05	3	0:10	10.00	44:08	4:24	8	10:53	18	10:53