



22. Arnstädter Citylauf
Arnstadt / 28.04.2012

Detailed evaluation

Meyer, Steffen

Club: Rennsteiglaufverein/LG Süd
Number: 177

Course: 5.00 km
sunways 5-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 17:06

Speed: 17.54 km/h
Running performance: 03:25 min/km

Rank in course/Total: 1 (of 76)

Rank in course/Men: 1 (of 45)

Best time in course: 17:06

Rank in category: 1(of 7)

Best time in the category: 17:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	0.44	1:27	3:17	1	-	1	-	0.44	1:27	3:17	1	-	35		
Lap 2	2.08	6:52	3:18	1	-	1	-	2.52	8:19	3:18	1	-	35		
Lap 3	2.08	7:18	3:30	1	-	1	-	4.60	15:37	3:23	1	-	34		
Last lap Finish	0.41	1:29	3:37	1	-	2	0:05	5.00	17:06	3:25	1	-	1	-	