



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Blümel, Aaron

Club: SV 1899 Mühlhausen

Number: 207

Course: 5.00 km

sunways 5-km-Lauf

Category:

männliche Jugend M14 (14 Jahre)

Total time: 20:33

Speed: 14.60 km/h

Running performance: 04:07 min/km

Rank in course/Total: 10 (of 76)

Rank in course/Men: 8 (of 45)

Best time in course: 17:06

Rank in category: 1(of 6)

Best time in the category: 20:33

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	1:43	3:54	2	0:04	12	0:16	0.44	1:43	3:54	1	-	31	
Lap 2	2.08	8:29	4:04	1	-	9	1:37	2.52	10:12	4:02	1	-	31	
Lap 3	2.08	8:42	4:10	1	-	7	1:24	4.60	18:54	4:06	1	-	30	
Last lap Finish	0.41	1:39	4:01	2	0:04	7	0:15	5.00	20:33	4:06	1	-	8	3:27