



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Gerngroß, Thomas

Club: ThSV 1886

Number: 213

Course: 5.00 km

sunways 5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 22:44

Speed: 13.20 km/h

Running performance: 04:33 min/km

Rank in course/Total: 15 (of 76)

Rank in course/Men: 11 (of 45)

Best time in course: 17:06

Rank in category: 2(of 4)

Best time in the category: 19:44

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	1:44	3:56	2	0:13	13	0:17	0.44	1:44	3:56	2	0:13	33	
Lap 2	2.08	8:52	4:15	2	1:04	11	2:00	2.52	10:36	4:12	2	1:17	33	
Lap 3	2.08	9:37	4:37	2	0:58	10	2:19	4.60	20:13	4:23	2	2:15	32	
Last lap Finish	0.41	2:31	6:08	3	0:45	37	1:07	5.00	22:44	4:32	2	3:00	11	5:38