



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Kirchner, Tino

Club: sunways
Number: 193

Course: 5.00 km
sunways 5-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 22:57

Speed: 13.07 km/h
Running performance: 04:35 min/km

Rank in course/Total: 17 (of 76)

Rank in course/Men: 13 (of 45)

Best time in course: 17:06

Rank in category: 1(of 5)

Best time in the category: 22:57

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	1:49	4:07	1	-	14	0:22	0.44	1:49	4:07	1	-	24	
Lap 2	2.08	9:09	4:23	1	-	12	2:17	2.52	10:58	4:21	1	-	24	
Lap 3	2.08	10:06	4:51	1	-	12	2:48	4.60	21:04	4:34	1	-	33	
Last lap Finish	0.41	1:53	4:35	1	-	15	0:29	5.00	22:57	4:35	1	-	13	5:51