



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Barth, Heino

Club: sunways

Number: 194

Course: 5.00 km

sunways 5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 22:56

Speed: 13.08 km/h

Running performance: 04:35 min/km

Rank in course/Total: 16 (of 76)

Rank in course/Men: 12 (of 45)

Best time in course: 17:06

Rank in category: 3(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	1:49	4:07	3	0:18	14	0:22	0.44	1:49	4:07	3	0:18	24		
Lap 2	2.08	9:09	4:23	3	1:21	12	2:17	2.52	10:58	4:21	3	1:39	24		
Lap 3	2.08	10:07	4:51	3	1:28	13	2:49	4.60	21:05	4:34	3	3:07	23		
Last lap Finish	0.41	1:51	4:30	2	0:05	14	0:27	5.00	22:56	4:35	3	3:12	12	5:50	