



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Kulawik, Andreas

Club: arnstadt

Number: 223

Course: 5.00 km

sunways 5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 23:20

Speed: 12.86 km/h

Running performance: 04:40 min/km

Rank in course/Total: 20 (of 76)

Rank in course/Men: 15 (of 45)

Best time in course: 17:06

Rank in category: 4(of 9)

Best time in the category: 17:45

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	1:59	4:30	5	0:28	19	0:32	0.44	1:59	4:30	3	0:28	37		
Lap 2	2.08	9:26	4:32	5	2:21	16	2:34	2.52	11:25	4:31	3	2:49	37		
Lap 3	2.08	10:07	4:51	2	2:22	13	2:49	4.60	21:32	4:40	3	5:11	36		
Last lap Finish	0.41	1:48	4:23	3	0:24	12	0:24	5.00	23:20	4:39	4	5:35	15	6:14	