



# 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

## Detailed evaluation

**Strobach, Frank**

Club: sunways

Number: 198

Course: 5.00 km

sunways 5-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 23:54

Speed: 12.55 km/h

Running performance: 04:47 min/km

Rank in course/Total: 21 (of 76)

Rank in course/Men: 16 (of 45)

Best time in course: 17:06

Rank in category: 2(of 3)

Best time in the category: 20:13

### 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	2:05	4:44	3	0:26	25	0:38	0.44	2:05	4:44	2	0:26	10		
Lap 2	2.08	9:56	4:46	2	1:50	19	3:04	2.52	12:01	4:46	2	2:16	38		
Lap 3	2.08	9:55	4:46	2	1:09	11	2:37	4.60	21:56	4:46	2	3:25	37		
Last lap Finish	0.41	1:58	4:47	2	0:16	17	0:34	5.00	23:54	4:46	2	3:41	16	6:48	