



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Müller, Rene

Club: sunways

Number: 188

Course: 5.00 km

sunways 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 24:30

Speed: 12.24 km/h

Running performance: 04:54 min/km

Rank in course/Total: 24 (of 76)

Rank in course/Men: 18 (of 45)

Best time in course: 17:06

Rank in category: 1(of 7)

Best time in the category: 24:30

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	2:12	5:00	1	-	28	0:45	0.44	2:12	5:00	1	-	40		
Lap 2	2.08	10:02	4:49	1	-	20	3:10	2.52	12:14	4:51	1	-	40		
Lap 3	2.08	10:13	4:54	1	-	17	2:55	4.60	22:27	4:52	1	-	38		
Last lap Finish	0.41	2:03	5:00	2	0:03	24	0:39	5.00	24:30	4:54	1	-	18	7:24	