



# 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

## Detailed evaluation

**Gressler, Marcel**

Club: Ilmtal  
Number: 242

Course: 5.00 km  
sunways 5-km-Lauf

Category:  
Männer (20-29 Jahre)

Total time: 25:04

Speed: 11.97 km/h  
Running performance: 05:01 min/km

Rank in course/Total: 25 (of 76)

Rank in course/Men: 19 (of 45)

Best time in course: 17:06

Rank in category: 5(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	1:56	4:23	4	0:25	18	0:29	0.44	1:56	4:23	4	0:25	41		
Lap 2	2.08	9:14	4:26	3	2:09	14	2:22	2.52	11:10	4:25	4	2:34	41		
Lap 3	2.08	11:55	5:43	6	4:10	24	4:37	4.60	23:05	5:01	4	6:44	40		
Last lap Finish	0.41	1:59	4:50	4	0:35	18	0:35	5.00	25:04	5:00	5	7:19	19	7:58	