



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt

Number: 173

Course: 5.00 km

sunways 5-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 25:09

Speed: 11.93 km/h

Running performance: 05:02 min/km

Rank in course/Total: 26 (of 76)

Rank in course/Men: 20 (of 45)

Best time in course: 17:06

Rank in category: 5(of 7)

Best time in the category: 17:06

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	1:50	4:09	5	0:23	16	0:23	0.44	1:50	4:09	5	0:23	42		
Lap 2	2.08	9:30	4:34	5	2:38	17	2:38	2.52	11:20	4:29	5	3:01	42		
Lap 3	2.08	11:22	5:27	5	4:04	20	4:04	4.60	22:42	4:56	5	7:05	41		
Last lap Finish	0.41	2:27	5:58	5	0:58	35	1:03	5.00	25:09	5:01	5	8:03	20	8:03	