



# 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

## Detailed evaluation

Schmidt, Benjamin

Club: sunways

Number: 200

Course: 5.00 km

sunways 5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 25:45

Speed: 11.65 km/h

Running performance: 05:09 min/km

Rank in course/Total: 28 (of 76)

Rank in course/Men: 21 (of 45)

Best time in course: 17:06

Rank in category: 6(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	2:03	4:39	7	0:32	22	0:36	0.44	2:03	4:39	5	0:32	43		
Lap 2	2.08	10:13	4:54	7	3:08	22	3:21	2.52	12:16	4:52	5	3:40	43		
Lap 3	2.08	11:15	5:24	5	3:30	19	3:57	4.60	23:31	5:06	5	7:10	42		
Last lap Finish	0.41	2:14	5:26	7	0:50	28	0:50	5.00	25:45	5:09	6	8:00	21	8:39	