



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Wirthwein, Sascha

Club: LAC Erfurt

Number: 169

Course: 5.00 km

sunways 5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 22:27

Speed: 13.36 km/h

Running performance: 04:29 min/km

Rank in course/Total: 14 (of 76)

Rank in course/Men: 10 (of 45)

Best time in course: 17:06

Rank in category: 2(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 | 1:33 | 3:31 | 2 | 0:02 | 4 | 0:06 | 0.44 | 1:33 | 3:31 | 6 | 0:02 | 44 | | |
| Lap 2 | 2.08 | 8:46 | 4:12 | 2 | 1:41 | 10 | 1:54 | 2.52 | 10:19 | 4:05 | 6 | 1:43 | 44 | | |
| Lap 3 | 2.08 | 10:08 | 4:52 | 3 | 2:23 | 15 | 2:50 | 4.60 | 20:27 | 4:26 | 6 | 4:06 | 43 | | |
| Last lap Finish | 0.41 | 2:00 | 4:52 | 5 | 0:36 | 19 | 0:36 | 5.00 | 22:27 | 4:29 | 2 | 4:42 | 10 | 5:21 | |