



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Wallbraun, Michael

Club: SV 1899 Mühlhausen

Number: 208

Course: 5.00 km

sunways 5-km-Lauf

Category:

männliche Jugend M15 (15 Jahre)

Total time: 19:12

Speed: 15.63 km/h

Running performance: 03:50 min/km

Rank in course/Total: 3 (of 76)

Rank in course/Men: 3 (of 45)

Best time in course: 17:06

Rank in category: 1(of 3)

Best time in the category: 19:12

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	1:34	3:33	1	-	5	0:07	0.44	1:34	3:33	1	-	26		
Lap 2	2.08	7:55	3:48	1	-	5	1:03	2.52	9:29	3:45	1	-	26		
Lap 3	2.08	8:10	3:55	1	-	3	0:52	4.60	17:39	3:50	1	-	25		
Last lap Finish	0.41	1:33	3:46	1	-	4	0:09	5.00	19:12	3:50	1	-	3	2:06	