



22. Arnstädter Citylauf
 Arnstadt / 28.04.2012

Detailed evaluation

Pniok, Martin

Total time: 26:48

Number: 234

Speed: 11.19 km/h

Running performance: 05:22 min/km

Course: 5.00 km

Rank in course/Total: 30 (of 76)

sunways 5-km-Lauf

Rank in course/Men: 22 (of 45)

Best time in course: 17:06

Category:

Rank in category: 7(of 9)

Männer (20-29 Jahre)

Best time in the category: 17:45

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	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	10:12	4:54	6	3:07	21	3:20	2.52	12:15	4:51	7	3:39	2	
Lap 3	2.08	12:21	5:56	7	4:36	27	5:03	4.60	24:36	5:20	7	8:15	44	
Last lap Finish	0.41	2:12	5:21	6	0:48	25	0:48	5.00	26:48	5:21	7	9:03	22	9:42