



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Vettrick, Maik

Club: Arnstadt

Number: 235

Course: 5.00 km

sunways 5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 27:28

Speed: 10.92 km/h

Running performance: 05:29 min/km

Rank in course/Total: 33 (of 76)

Rank in course/Men: 24 (of 45)

Best time in course: 17:06

Rank in category: 8(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	1:54	4:19	3	0:23	17	0:27	0.44	1:54	4:19	8	0:23	2		
Lap 2	2.08	10:21	4:58	8	3:16	23	3:29	2.52	12:15	4:51	7	3:39	2		
Lap 3	2.08	12:54	6:12	9	5:09	32	5:36	4.60	25:09	5:28	8	8:48	2		
Last lap Finish	0.41	2:19	5:39	8	0:55	32	0:55	5.00	27:28	5:29	8	9:43	24	10:22	