



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Winter, Robert

Club: Wachsenburggemeinde
Number: 228

Course: 5.00 km
sunways 5-km-Lauf

Category:
männliche Jugend M14 (14 Jahre)

Total time: 27:49

Speed: 10.78 km/h
Running performance: 05:34 min/km

Rank in course/Total: 35 (of 76)

Rank in course/Men: 25 (of 45)

Best time in course: 17:06

Rank in category: 2(of 6)

Best time in the category: 20:33

Intermediate times					Stage score				Total ranking					
Control	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	1:39	3:45	1	-	8	0:12	0.44	1:39	3:45	2		3	
Lap 2	2.08	10:36	5:05	2	2:07	24	3:44	2.52	12:15	4:51	2	2:03	2	
Lap 3	2.08	13:59	6:43	2	5:17	39	6:41	4.60	26:14	5:42	2	7:20	3	
Last lap Finish	0.41	1:35	3:51	1	-	5	0:11	5.00	27:49	5:33	2	7:16	25	10:43