



# 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

## Detailed evaluation

**Gronenborn, Jens**

Club: sunways  
Number: 192

Course: 5.00 km  
sunways 5-km-Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 27:56

Speed: 10.74 km/h  
Running performance: 05:35 min/km

Rank in course/Total: 37 (of 76)

Rank in course/Men: 26 (of 45)

Best time in course: 17:06

Rank in category: 3(of 5)

Best time in the category: 22:57

### 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	2:31	5:43	5	0:42	36	1:04	0.44	2:31	5:43	3	0:42	4	0:15
Lap 2	2.08	11:39	5:36	3	2:30	28	4:47	2.52	14:10	5:37	3	3:12	4	
Lap 3	2.08	11:34	5:33	2	1:28	22	4:16	4.60	25:44	5:35	3	4:40	4	
Last lap Finish	0.41	2:12	5:21	2	0:19	25	0:48	5.00	27:56	5:35	3	4:59	26	10:50