



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Graff, Mario

Club: Katholische Laufjugend Arnstadt
Number: 161

Course: 5.00 km
sunways 5-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 28:24

Speed: 10.56 km/h
Running performance: 05:41 min/km

Rank in course/Total: 43 (of 76)

Rank in course/Men: 28 (of 45)

Best time in course: 17:06

Rank in category: 2(of 7)

Best time in the category: 24:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	0.44	2:34	5:50	4	0:22	42	1:07	0.44	2:34	5:50	2	0:22	6	0:18	
Lap 2	2.08	11:46	5:39	5	1:44	33	4:54	2.52	14:20	5:41	2	2:06	6		
Lap 3	2.08	11:52	5:42	3	1:39	23	4:34	4.60	26:12	5:41	2	3:45	6		
Last lap Finish	0.41	2:12	5:21	3	0:12	25	0:48	5.00	28:24	5:40	2	3:54	28	11:18	