



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Ullmann, Thomas

Club: Arnstadt

Number: 220

Course: 5.00 km

sunways 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 28:28

Speed: 10.54 km/h

Running performance: 05:41 min/km

Rank in course/Total: 44 (of 76)

Rank in course/Men: 29 (of 45)

Best time in course: 17:06

Rank in category: 3(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 ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.44	2:36	5:54	5	0:24	43	1:09	0.44	2:36	5:54	3	0:24	7	0:20
Lap 2	2.08	12:26	5:58	6	2:24	39	5:34	2.52	15:02	5:57	3	2:48	7	0:38
Lap 3	2.08	11:26	5:29	2	1:13	21	4:08	4.60	26:28	5:45	3	4:01	7	
Last lap Finish	0.41	2:00	4:52	1	-	19	0:36	5.00	28:28	5:41	3	3:58	29	11:22