



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Schmidt, Michael

Club: ESV Lok Arnstadt

Number: 152

Course: 5.00 km

sunways 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 29:01

Speed: 10.34 km/h

Running performance: 05:48 min/km

Rank in course/Total: 45 (of 76)

Rank in course/Men: 30 (of 45)

Best time in course: 17:06

Rank in category: 4(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				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	11:14	5:24	2	1:12	26	4:22	2.52	13:50	5:29	4	1:36	8	
Lap 3	2.08	12:48	6:09	5	2:35	30	5:30	4.60	26:38	5:47	4	4:11	8	
Last lap Finish	0.41	2:23	5:48	6	0:23	34	0:59	5.00	29:01	5:48	4	4:31	30	11:55