



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Steinecke, Martin

Club: sunways
Number: 189

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: 46 (of 76)

Rank in course/Men: 31 (of 45)

Best time in course: 17:06

Rank in category: 5(of 7)

Best time in the category: 24:30

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	2:32	5:45	3	0:20	39	1:05	0.44	2:32	5:45	5	0:20	9	0:16	
Lap 2	2.08	11:42	5:37	4	1:40	31	4:50	2.52	14:14	5:38	5	2:00	9		
Lap 3	2.08	12:28	5:59	4	2:15	29	5:10	4.60	26:42	5:48	5	4:15	9		
Last lap Finish	0.41	2:19	5:39	5	0:19	32	0:55	5.00	29:01	5:48	4	4:31	30	11:55	