



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Möbis, Adrian

Club: Arnstadt
Number: 229

Course: 5.00 km
sunways 5-km-Lauf

Category:
männliche Jugend M15 (15 Jahre)

Total time: 29:30

Speed: 10.17 km/h
Running performance: 05:54 min/km

Rank in course/Total: 47 (of 76)

Rank in course/Men: 32 (of 45)

Best time in course: 17:06

Rank in category: 3(of 3)

Best time in the category: 19:12

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	2:05	4:44	3	0:31	25	0:38	0.44	2:05	4:44	3	0:31	10		
Lap 2	2.08	13:29	6:28	3	5:34	43	6:37	2.52	15:34	6:10	3	6:05	10	1:10	
Lap 3	2.08	12:03	5:47	2	3:53	26	4:45	4.60	27:37	6:00	3	9:58	10	0:37	
Last lap Finish	0.41	1:53	4:35	3	0:20	15	0:29	5.00	29:30	5:54	3	10:18	32	12:24	