



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Scherer, Carsten

Club: Weimar
Number: 222

Course: 5.00 km
sunways 5-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 29:35

Speed: 10.14 km/h
Running performance: 05:55 min/km

Rank in course/Total: 49 (of 76)

Rank in course/Men: 34 (of 45)

Best time in course: 17:06

Rank in category: 4(of 5)

Best time in the category: 22:57

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	2:19	5:15	4	0:30	33	0:52	0.44	2:19	5:15	4	0:30	11	0:03
Lap 2	2.08	11:41	5:37	4	2:32	29	4:49	2.52	14:00	5:33	4	3:02	11	
Lap 3	2.08	12:59	6:14	4	2:53	33	5:41	4.60	26:59	5:51	4	5:55	11	
Last lap Finish	0.41	2:36	6:20	5	0:43	40	1:12	5.00	29:35	5:54	4	6:38	34	12:29