



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Werner, Matthias

Club: sunways

Number: 202

Course: 5.00 km

sunways 5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 29:36

Speed: 10.14 km/h

Running performance: 05:55 min/km

Rank in course/Total: 50 (of 76)

Rank in course/Men: 35 (of 45)

Best time in course: 17:06

Rank in category: 9(of 9)

Best time in the category: 17:45

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	2:24	5:27	9	0:53	35	0:57	0.44	2:24	5:27	9	0:53	12	0:08
Lap 2	2.08	11:46	5:39	9	4:41	33	4:54	2.52	14:10	5:37	9	5:34	4	
Lap 3	2.08	12:50	6:10	8	5:05	31	5:32	4.60	27:00	5:52	9	10:39	1	-
Last lap Finish	0.41	2:36	6:20	9	1:12	40	1:12	5.00	29:36	5:55	9	11:51	35	12:30