



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Enkardt, Thomas

Club: SV 1899 Mühlhausen

Number: 209

Course: 5.00 km

sunways 5-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 19:19

Speed: 15.53 km/h

Running performance: 03:52 min/km

Rank in course/Total: 5 (of 76)

Rank in course/Men: 4 (of 45)

Best time in course: 17:06

Rank in category: 2(of 7)

Best time in the category: 17:06

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	1:36	3:38	2	0:09	6	0:09	0.44	1:36	3:38	2	0:09	27		
Lap 2	2.08	7:53	3:47	2	1:01	4	1:01	2.52	9:29	3:45	2	1:10	26		
Lap 3	2.08	8:14	3:57	2	0:56	4	0:56	4.60	17:43	3:51	2	2:06	26		
Last lap Finish	0.41	1:36	3:54	2	0:07	6	0:12	5.00	19:19	3:51	2	2:13	4	2:13	