



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Krisch, Michael

Club: ZWEI-TAKT-TEAM

Number: 219

Course: 5.00 km

sunways 5-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 29:43

Speed: 10.10 km/h

Running performance: 05:56 min/km

Rank in course/Total: 51 (of 76)

Rank in course/Men: 36 (of 45)

Best time in course: 17:06

Rank in category: 5(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	0.44	2:16	5:09	3	0:27	32	0:49	0.44	2:16	5:09	5	0:27	1	-
Lap 2	2.08	12:08	5:49	5	2:59	36	5:16	2.52	14:24	5:42	5	3:26	1	-
Lap 3	2.08	13:05	6:17	5	2:59	34	5:47	4.60	27:29	5:58	5	6:25	13	0:29
Last lap Finish	0.41	2:14	5:26	3	0:21	28	0:50	5.00	29:43	5:56	5	6:46	36	12:37