



22. Arnstädter Citylauf
 Arnstadt / 28.04.2012

Detailed evaluation

Zimmermann, Marco

Club: sunways
 Number: 190

Course: 5.00 km
 sunways 5-km-Lauf

Category:
 Senioren M30 (30-34 Jahre)

Total time: 29:44

Speed: 10.09 km/h
 Running performance: 05:57 min/km

Rank in course/Total: 52 (of 76)

Rank in course/Men: 37 (of 45)

Best time in course: 17:06

Rank in category: 6(of 7)

Best time in the category: 24:30

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	2:31	5:43	2	0:19	36	1:04	0.44	2:31	5:43	6	0:19	4	0:15
Lap 2	2.08	11:41	5:37	3	1:39	29	4:49	2.52	14:12	5:38	6	1:58	14	
Lap 3	2.08	13:15	6:22	6	3:02	35	5:57	4.60	27:27	5:58	6	5:00	14	0:27
Last lap Finish	0.41	2:17	5:34	4	0:17	31	0:53	5.00	29:44	5:56	6	5:14	37	12:38