



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Beck, Martin

Club: sunways

Number: 195

Course: 5.00 km

sunways 5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 30:14

Speed: 9.92 km/h

Running performance: 06:03 min/km

Rank in course/Total: 57 (of 76)

Rank in course/Men: 38 (of 45)

Best time in course: 17:06

Rank in category: 4(of 4)

Best time in the category: 19:44

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	2:33	5:47	4	1:02	40	1:06	0.44	2:33	5:47	4	1:02	16	0:17
Lap 2	2.08	11:43	5:37	4	3:55	32	4:51	2.52	14:16	5:39	4	4:57	16	
Lap 3	2.08	13:23	6:26	4	4:44	36	6:05	4.60	27:39	6:00	4	9:41	15	0:39
Last lap Finish	0.41	2:35	6:18	4	0:49	39	1:11	5.00	30:14	6:02	4	10:30	38	13:08