



# 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

## Detailed evaluation

Grimmenstein, Mike

Club: sunways

Number: 196

Course: 5.00 km

sunways 5-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 30:17

Speed: 9.91 km/h

Running performance: 06:04 min/km

Rank in course/Total: 58 (of 76)

Rank in course/Men: 39 (of 45)

Best time in course: 17:06

Rank in category: 6(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	0.44	2:31	5:43	6	1:04	36	1:04	0.44	2:31	5:43	6	1:04	4	0:15
Lap 2	2.08	11:34	5:33	6	4:42	27	4:42	2.52	14:05	5:35	6	5:46	17	
Lap 3	2.08	13:33	6:30	6	6:15	37	6:15	4.60	27:38	6:00	6	12:01	16	0:38
Last lap Finish	0.41	2:39	6:27	6	1:10	42	1:15	5.00	30:17	6:03	6	13:11	39	13:11