



# 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

## Detailed evaluation

**Koch, Helmut**

Club: Frankenhain

Number: 150

Course: 5.00 km

sunways 5-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 30:55

Speed: 9.70 km/h

Running performance: 06:11 min/km

Rank in course/Total: 59 (of 76)

Rank in course/Men: 40 (of 45)

Best time in course: 17:06

Rank in category: 3(of 3)

Best time in the category: 20:13

### 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	2:04	4:41	2	0:25	24	0:37	0.44	2:04	4:41	3	0:25	18		
Lap 2	2.08	12:32	6:01	3	4:26	42	5:40	2.52	14:36	5:47	3	4:51	18	0:12	
Lap 3	2.08	13:49	6:38	3	5:03	38	6:31	4.60	28:25	6:10	3	9:54	17	1:25	
Last lap Finish	0.41	2:30	6:05	3	0:48	36	1:06	5.00	30:55	6:11	3	10:42	40	13:49	