



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Finger, Jens

Club: Katholische Laufjugend Arnstadt
Number: 163

Course: 5.00 km
sunways 5-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 19:44

Speed: 15.20 km/h
Running performance: 03:57 min/km

Rank in course/Total: 6 (of 76)

Rank in course/Men: 5 (of 45)

Best time in course: 17:06

Rank in category: 1(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.44	1:31	3:26	1	-	2	0:04	0.44	1:31	3:26	1	-	25	
Lap 2	2.08	7:48	3:45	1	-	3	0:56	2.52	9:19	3:41	1	-	28	
Lap 3	2.08	8:39	4:09	1	-	6	1:21	4.60	17:58	3:54	1	-	27	
Last lap Finish	0.41	1:46	4:18	1	-	10	0:22	5.00	19:44	3:56	1	-	5	2:38