



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Vogt, Thomas

Club: Arnstadt

Number: 221

Course: 5.00 km

sunways 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 32:17

Speed: 9.29 km/h

Running performance: 06:28 min/km

Rank in course/Total: 63 (of 76)

Rank in course/Men: 41 (of 45)

Best time in course: 17:06

Rank in category: 7(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	2:36	5:54	5	0:24	43	1:09	0.44	2:36	5:54	3	0:24	7	0:20
Lap 2	2.08	12:27	5:59	7	2:25	40	5:35	2.52	15:03	5:58	7	2:49	19	0:39
Lap 3	2.08	14:26	6:56	7	4:13	40	7:08	4.60	29:29	6:24	7	7:02	18	2:29
Last lap Finish	0.41	2:48	6:49	7	0:48	43	1:24	5.00	32:17	6:27	7	7:47	41	15:11