



22. Arnstädter Citylauf
 Arnstadt / 28.04.2012

Detailed evaluation

Kummer, Marc

Club: Gym Klasse 7d
 Number: 156

Course: 5.00 km
 sunways 5-km-Lauf

Category:
 männliche Jugend M14 (14 Jahre)

Total time: 34:19

Speed: 8.74 km/h
 Running performance: 06:52 min/km

Rank in course/Total: 70 (of 76)

Rank in course/Men: 42 (of 45)

Best time in course: 17:06

Rank in category: 4(of 6)

Best time in the category: 20:33

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	2:20	5:18	6	0:41	34	0:53	0.44	2:20	5:18	4	0:37	20	0:04
Lap 2	2.08	12:25	5:58	4	3:56	38	5:33	2.52	14:45	5:51	4	4:33	20	0:21
Lap 3	2.08	17:02	8:11	3	8:20	41	9:44	4.60	31:47	6:54	3	12:53	19	4:47
Last lap Finish	0.41	2:32	6:10	5	0:57	38	1:08	5.00	34:19	6:51	4	13:46	42	17:13