



22. Arnstädter Citylauf
Arnstadt / 28.04.2012

Detailed evaluation

Lousaief-Bank, Ron

Club: Gym Klasse 7d
Number: 157

Course: 5.00 km
sunways 5-km-Lauf

Category:
männliche Jugend M14 (14 Jahre)

Total time: 34:35

Speed: 8.67 km/h
Running performance: 06:55 min/km

Rank in course/Total: 71 (of 76)

Rank in course/Men: 43 (of 45)

Best time in course: 17:06

Rank in category: 5(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	2:15	5:06	4	0:36	29	0:48	0.44	2:15	5:06	5	0:32	13		
Lap 2	2.08	11:59	5:45	3	3:30	35	5:07	2.52	14:14	5:38	5	4:02	9		
Lap 3	2.08	18:21	8:49	5	9:39	44	11:03	4.60	32:35	7:05	4	13:41	20	5:35	
Last lap Finish	0.41	2:00	4:52	3	0:25	19	0:36	5.00	34:35	6:55	5	14:02	43	17:29	