



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Hahm, Philip

Club: Gym Klasse 7d
Number: 155

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: 72 (of 76)

Rank in course/Men: 44 (of 45)

Best time in course: 17:06

Rank in category: 6(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 | 12:29 | 6:00 | 5 | 4:00 | 41 | 5:37 | 2.52 | 14:44 | 5:50 | 6 | 4:32 | 22 | 0:20 | |
| Lap 3 | 2.08 | 17:51 | 8:34 | 4 | 9:09 | 43 | 10:33 | 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 | |