



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Jünemann, Bernhard

Club: LT Güntersen

Number: 174

Course: 5.00 km

sunways 5-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 20:13

Speed: 14.84 km/h

Running performance: 04:02 min/km

Rank in course/Total: 8 (of 76)

Rank in course/Men: 7 (of 45)

Best time in course: 17:06

Rank in category: 1(of 3)

Best time in the category: 20:13

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	1:39	3:45	1	-	8	0:12	0.44	1:39	3:45	1	-	3		
Lap 2	2.08	8:06	3:53	1	-	7	1:14	2.52	9:45	3:52	1	-	30		
Lap 3	2.08	8:46	4:12	1	-	8	1:28	4.60	18:31	4:01	1	-	29		
Last lap Finish	0.41	1:42	4:08	1	-	8	0:18	5.00	20:13	4:02	1	-	7	3:07	