



## 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

### Detailed evaluation

**Gerngroß, Thomas**

Club: ThSV 1886 Geschwenda

Number: 192

Course: 5.00 km

5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 21:13

Speed: 14.14 km/h

Running performance: 4:14 min/km

Rank in course/Total: 15 (of 50)

Rank in course/Men: 11 (of 27)

Best time in course: 18:35

Rank in category: 2(of 4)

Best time in the category: 18:35

### 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	1.39	5:27	3:55	2	0:41	10	0:42	1.39	5:27	3:55	2	0:41	18	
Lap 2	2.35	10:13	4:20	2	1:15	11	1:15	3.74	15:40	4:11	2	1:56	18	
Last lap Finish	1.30	5:33	4:16	2	0:42	12	0:42	5.00	21:13	4:14	2	2:38	11	2:38