



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Ullmann, Thomas

Club: Arnstadt

Number: 152

Course: 5.00 km

5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 25:27

Speed: 11.79 km/h

Running performance: 5:05 min/km

Rank in course/Total: 26 (of 50)

Rank in course/Men: 18 (of 27)

Best time in course: 18:35

Rank in category: 1(of 1)

Best time in the category: 25:27

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.39	7:02	5:03	1	-	24	2:17	1.39	7:02	5:03	1	-	12	0:59
Lap 2	2.35	12:02	5:07	1	-	18	3:04	3.74	19:04	5:05	1	-	12	2:00
Last lap Finish	1.30	6:23	4:54	1	-	16	1:32	5.00	25:27	5:05	1	-	18	6:52