



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Knoll, Markus

Club: Ks Sportsworld

Number: 292

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 46:51

Speed: 12.81 km/h

Running performance: 4:41 min/km

Rank in course/Total: 38 (of 103)

Rank in course/Men: 35 (of 80)

Best time in course: 31:54

Rank in category: 8(of 12)

Best time in the category: 39:07

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 | 1.70 | 6:46 | 3:58 | 7 | 0:43 | 30 | 1:47 | 1.70 | 6:46 | 3:58 | 8 | 0:43 | 66 | |
| Lap 2 | 2.34 | 10:40 | 4:33 | 8 | 1:35 | 36 | 3:14 | 4.04 | 17:26 | 4:18 | 8 | 2:18 | 65 | |
| Lap 3 | 2.34 | 11:16 | 4:48 | 8 | 1:53 | 35 | 3:38 | 6.38 | 28:42 | 4:29 | 8 | 4:11 | 65 | |
| Lap 4 | 2.34 | 11:42 | 5:00 | 8 | 2:16 | 42 | 4:06 | 8.72 | 40:24 | 4:37 | 8 | 6:27 | 65 | |
| Last lap Finish | 1.30 | 6:27 | 4:57 | 10 | 1:17 | 48 | 2:12 | 10.00 | 46:51 | 4:41 | 8 | 7:44 | 35 | 14:57 |