



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