



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Böttner, Uli

Club: SVE Frankenhain

Number: 300

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 47:19

Speed: 12.68 km/h

Running performance: 4:44 min/km

Rank in course/Total: 41 (of 103)

Rank in course/Men: 38 (of 80)

Best time in course: 31:54

Rank in category: 4(of 8)

Best time in the category: 41:19

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	7:07	4:11	3	0:27	38	2:08	1.70	7:07	4:11	3	0:27	64		
Lap 2	2.34	11:03	4:43	4	1:19	38	3:37	4.04	18:10	4:29	3	1:46	63		
Lap 3	2.34	11:18	4:49	3	1:35	36	3:40	6.38	29:28	4:37	3	3:21	63		
Lap 4	2.34	11:50	5:03	4	2:00	45	4:14	8.72	41:18	4:44	3	5:21	63		
Last lap Finish	1.30	6:01	4:37	3	0:39	35	1:46	10.00	47:19	4:43	4	6:00	38	15:25	