



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Reiche, Frank

Club: SV Ictershausen

Number: 245

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 47:15

Speed: 12.70 km/h

Running performance: 4:43 min/km

Rank in course/Total: 39 (of 103)

Rank in course/Men: 36 (of 80)

Best time in course: 31:54

Rank in category: 3(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	7:09	4:12	4	0:29	39	2:10	1.70	7:09	4:12	4	0:29	63	
Lap 2	2.34	10:59	4:41	3	1:15	37	3:33	4.04	18:08	4:29	4	1:44	62	
Lap 3	2.34	11:36	4:57	4	1:53	44	3:58	6.38	29:44	4:39	4	3:37	62	
Lap 4	2.34	11:25	4:52	3	1:35	34	3:49	8.72	41:09	4:43	4	5:12	62	
Last lap Finish	1.30	6:06	4:41	4	0:44	40	1:51	10.00	47:15	4:43	3	5:56	36	15:21