



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Grunwald, Maxe

Club: katholische Laufjugend Arnstadt
Number: 212

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 47:38

Speed: 12.60 km/h
Running performance: 4:46 min/km

Rank in course/Total: 42 (of 103)

Rank in course/Men: 39 (of 80)

Best time in course: 31:54

Rank in category: 6(of 13)

Best time in the category: 36:55

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	7:06	4:10	6	1:13	37	2:07	1.70	7:06	4:10	6	1:13	62	
Lap 2	2.34	11:19	4:50	6	2:36	40	3:53	4.04	18:25	4:33	6	3:49	31	
Lap 3	2.34	11:24	4:52	7	2:35	39	3:46	6.38	29:49	4:40	6	6:24	61	
Lap 4	2.34	11:33	4:56	8	2:44	41	3:57	8.72	41:22	4:44	6	9:08	61	
Last lap Finish	1.30	6:16	4:49	7	1:35	43	2:01	10.00	47:38	4:45	6	10:43	39	15:44