



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Schmidt, Ronny

Club: Kraftsportverein Arnstadt

Number: 255

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 48:18

Speed: 12.42 km/h

Running performance: 4:50 min/km

Rank in course/Total: 45 (of 103)

Rank in course/Men: 41 (of 80)

Best time in course: 31:54

Rank in category: 8(of 13)

Best time in the category: 36:55

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		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	7:39	4:30	8	1:46	48	2:40	1.70	7:39	4:30	7	1:46	31	0:02	
Lap 2	2.34	11:34	4:56	8	2:51	45	4:08	4.04	19:13	4:45	7	4:37	20		
Lap 3	2.34	11:34	4:56	8	2:45	43	3:56	6.38	30:47	4:49	7	7:22	31		
Lap 4	2.34	11:29	4:54	6	2:40	39	3:53	8.72	42:16	4:50	7	10:02	31		
Last lap Finish	1.30	6:02	4:38	6	1:21	36	1:47	10.00	48:18	4:49	8	11:23	41	16:24	