



24. Arnstädter Citylauf
Arnstadt / 26.04.2014

Detailed evaluation

Klupsch, Jürgen

Club: Skisportverein Erfurt 02 e.V.
Number: 226

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 47:56

Speed: 12.52 km/h
Running performance: 4:47 min/km

Rank in course/Total: 43 (of 103)

Rank in course/Men: 40 (of 80)

Best time in course: 31:54

Rank in category: 7(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	7:12	4:14	7	1:19	41	2:13	1.70	7:12	4:14	8	1:19	20		
Lap 2	2.34	11:19	4:50	6	2:36	40	3:53	4.04	18:31	4:34	8	3:55	19		
Lap 3	2.34	11:23	4:51	6	2:34	37	3:45	6.38	29:54	4:41	8	6:29	20		
Lap 4	2.34	11:30	4:54	7	2:41	40	3:54	8.72	41:24	4:44	8	9:10	20		
Last lap Finish	1.30	6:32	5:01	10	1:51	50	2:17	10.00	47:56	4:47	7	11:01	40	16:02	