



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Bräter, Mathias

Club: Plauen

Number: 295

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 48:27

Speed: 12.38 km/h

Running performance: 4:50 min/km

Rank in course/Total: 46 (of 103)

Rank in course/Men: 42 (of 80)

Best time in course: 31:54

Rank in category: 8(of 14)

Best time in the category: 31:54

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		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	7:55	4:39	11	2:56	56	2:56	1.70	7:55	4:39	9	2:56	19	0:18
Lap 2	2.34	11:36	4:57	9	4:10	46	4:10	4.04	19:31	4:49	9	7:06	18	
Lap 3	2.34	11:28	4:54	9	3:50	42	3:50	6.38	30:59	4:51	8	10:56	19	
Lap 4	2.34	11:26	4:53	7	3:50	36	3:50	8.72	42:25	4:51	8	14:46	19	
Last lap Finish	1.30	6:02	4:38	8	1:47	36	1:47	10.00	48:27	4:50	8	16:33	42	16:33