



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Greiner, Mario

Club: N3 Sportverein

Number: 275

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 48:48

Speed: 12.30 km/h

Running performance: 4:53 min/km

Rank in course/Total: 48 (of 103)

Rank in course/Men: 44 (of 80)

Best time in course: 31:54

Rank in category: 6(of 10)

Best time in the category: 35:13

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	7:54	4:38	6	2:16	54	2:55	1.70	7:54	4:38	6	2:16	17	0:17
Lap 2	2.34	11:39	4:58	6	3:33	47	4:13	4.04	19:33	4:50	6	5:49	13	
Lap 3	2.34	11:27	4:53	6	3:12	40	3:49	6.38	31:00	4:51	6	9:01	17	
Lap 4	2.34	11:28	4:54	6	2:58	37	3:52	8.72	42:28	4:52	6	11:59	17	
Last lap Finish	1.30	6:20	4:52	7	1:36	44	2:05	10.00	48:48	4:52	6	13:35	44	16:54