



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 | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | 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 | 7:54 | 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 |