



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Enders, Martin

Club: Arnstadt

Number: 302

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 48:54

Speed: 12.27 km/h

Running performance: 4:53 min/km

Rank in course/Total: 49 (of 103)

Rank in course/Men: 45 (of 80)

Best time in course: 31:54

Rank in category: 9(of 12)

Best time in the category: 39:07

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	7:21	4:19	10	1:18	43	2:22	1.70	7:21	4:19	9	1:18	16		
Lap 2	2.34	11:24	4:52	10	2:19	43	3:58	4.04	18:45	4:38	9	3:37	15		
Lap 3	2.34	11:50	5:03	9	2:27	46	4:12	6.38	30:35	4:47	9	6:04	16		
Lap 4	2.34	11:59	5:07	10	2:33	47	4:23	8.72	42:34	4:52	9	8:37	16		
Last lap Finish	1.30	6:20	4:52	9	1:10	44	2:05	10.00	48:54	4:53	9	9:47	45	17:00	