



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Schäge, Michael

Club: TSV09 Arnstadt

Number: 279

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 49:30

Speed: 12.12 km/h

Running performance: 4:57 min/km

Rank in course/Total: 50 (of 103)

Rank in course/Men: 46 (of 80)

Best time in course: 31:54

Rank in category: 9(of 13)

Best time in the category: 36:55

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		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	7:56	4:40	11	2:03	57	2:57	1.70	7:56	4:40	9	2:03	15	0:19	
Lap 2	2.34	11:48	5:02	9	3:05	50	4:22	4.04	19:44	4:53	9	5:08	14		
Lap 3	2.34	11:40	4:59	9	2:51	45	4:02	6.38	31:24	4:55	9	7:59	15	0:14	
Lap 4	2.34	11:45	5:01	9	2:56	43	4:09	8.72	43:09	4:56	9	10:55	15		
Last lap Finish	1.30	6:21	4:53	9	1:40	47	2:06	10.00	49:30	4:57	9	12:35	46	17:36	