



## 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               | Total           |             | Total          |            | Total ranking |  |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |  |