



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Schäge, Rico

Club: Arnstadt

Number: 298

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 49:38

Speed: 12.09 km/h

Running performance: 4:58 min/km

Rank in course/Total: 52 (of 103)

Rank in course/Men: 47 (of 80)

Best time in course: 31:54

Rank in category: 10(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.70	7:38	4:29	11	1:35	46	2:39	1.70	7:38	4:29	10	1:35	14	0:01
Lap 2	2.34	11:55	5:05	12	2:50	55	4:29	4.04	19:33	4:50	10	4:25	13	
Lap 3	2.34	12:02	5:08	10	2:39	48	4:24	6.38	31:35	4:57	10	7:04	14	0:25
Lap 4	2.34	11:49	5:02	9	2:23	44	4:13	8.72	43:24	4:58	10	9:27	14	
Last lap Finish	1.30	6:14	4:47	8	1:04	42	1:59	10.00	49:38	4:57	10	10:31	47	17:44