



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Hochsattel, Hans-Jörg

Club: WSV 08 Ilmenau

Number: 218

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 50:07

Speed: 11.97 km/h

Running performance: 5:01 min/km

Rank in course/Total: 58 (of 103)

Rank in course/Men: 51 (of 80)

Best time in course: 31:54

Rank in category: 5(of 8)

Best time in the category: 41:19

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	7:37	4:28	5	0:57	44	2:38	1.70	7:37	4:28	5	0:57	1	-
Lap 2	2.34	11:29	4:54	5	1:45	44	4:03	4.04	19:06	4:43	5	2:42	10	
Lap 3	2.34	12:04	5:09	5	2:21	49	4:26	6.38	31:10	4:53	5	5:03	1	-
Lap 4	2.34	12:21	5:16	5	2:31	56	4:45	8.72	43:31	4:59	5	7:34	1	-
Last lap Finish	1.30	6:36	5:04	5	1:14	52	2:21	10.00	50:07	5:00	5	8:48	51	18:13