



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Walther, Thomas

Club: Sülzenbrücken
Number: 264

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 50:08

Speed: 11.97 km/h
Running performance: 5:01 min/km

Rank in course/Total: 59 (of 103)

Rank in course/Men: 52 (of 80)

Best time in course: 31:54

Rank in category: 10(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	7:42	4:31	9	1:49	49	2:43	1.70	7:42	4:31	10	1:49	10	0:05
Lap 2	2.34	11:53	5:04	10	3:10	54	4:27	4.04	19:35	4:50	10	4:59	9	
Lap 3	2.34	12:09	5:11	10	3:20	54	4:31	6.38	31:44	4:58	10	8:19	10	0:34
Lap 4	2.34	12:04	5:09	10	3:15	49	4:28	8.72	43:48	5:01	10	11:34	10	0:17
Last lap Finish	1.30	6:20	4:52	8	1:39	44	2:05	10.00	50:08	5:00	10	13:13	52	18:14