



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Schröder, Bernd

Club: Erfurt
Number: 283

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 50:06

Speed: 11.98 km/h
Running performance: 5:01 min/km

Rank in course/Total: 57 (of 103)

Rank in course/Men: 50 (of 80)

Best time in course: 31:54

Rank in category: 1(of 3)

Best time in the category: 50:06

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	7:37	4:28	1	-	44	2:38	1.70	7:37	4:28	1	-	1	-
Lap 2	2.34	11:45	5:01	1	-	49	4:19	4.04	19:22	4:47	1	-	8	-
Lap 3	2.34	12:08	5:11	1	-	53	4:30	6.38	31:30	4:56	1	-	9	0:20
Lap 4	2.34	12:01	5:08	1	-	48	4:25	8.72	43:31	4:59	1	-	1	-
Last lap Finish	1.30	6:35	5:03	1	-	51	2:20	10.00	50:06	5:00	1	-	50	18:12