



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Seever, Thorsten

Club: SG Motor Arnstadt

Number: 277

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 50:20

Speed: 11.92 km/h

Running performance: 5:02 min/km

Rank in course/Total: 60 (of 103)

Rank in course/Men: 53 (of 80)

Best time in course: 31:54

Rank in category: 11(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	7:11	4:13	9	1:08	40	2:12	1.70	7:11	4:13	11	1:08	8	
Lap 2	2.34	11:17	4:49	9	2:12	39	3:51	4.04	18:28	4:34	11	3:20	7	
Lap 3	2.34	12:16	5:14	11	2:53	55	4:38	6.38	30:44	4:49	11	6:13	8	
Lap 4	2.34	12:46	5:27	11	3:20	62	5:10	8.72	43:30	4:59	11	9:33	8	
Last lap Finish	1.30	6:50	5:15	11	1:40	57	2:35	10.00	50:20	5:01	11	11:13	53	18:26