



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Schreier, Konrad

Club: Sg Motor Arnstadt

Number: 297

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 50:28

Speed: 11.89 km/h

Running performance: 5:03 min/km

Rank in course/Total: 61 (of 103)

Rank in course/Men: 54 (of 80)

Best time in course: 31:54

Rank in category: 3(of 7)

Best time in the category: 43:03

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	7:51	4:37	4	1:05	53	2:52	1.70	7:51	4:37	3	1:05	7	0:14
Lap 2	2.34	11:56	5:05	3	1:47	56	4:30	4.04	19:47	4:53	3	2:52	6	
Lap 3	2.34	11:56	5:05	3	1:42	47	4:18	6.38	31:43	4:58	3	4:31	7	0:33
Lap 4	2.34	12:04	5:09	3	1:51	49	4:28	8.72	43:47	5:01	3	6:22	7	0:16
Last lap Finish	1.30	6:41	5:08	3	1:03	54	2:26	10.00	50:28	5:02	3	7:25	54	18:34