



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Böse, Ralf

Club: Arnstadt

Number: 286

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 51:02

Speed: 11.76 km/h

Running performance: 5:06 min/km

Rank in course/Total: 62 (of 103)

Rank in course/Men: 55 (of 80)

Best time in course: 31:54

Rank in category: 1(of 2)

Best time in the category: 51:02

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 | 8:20 | 4:54 | 1 | - | 67 | 3:21 | 1.70 | 8:20 | 4:54 | 1 | - | 6 | 0:43 |
| Lap 2 | 2.34 | 12:10 | 5:11 | 1 | - | 59 | 4:44 | 4.04 | 20:30 | 5:04 | 1 | - | 5 | 0:41 |
| Lap 3 | 2.34 | 12:07 | 5:10 | 1 | - | 52 | 4:29 | 6.38 | 32:37 | 5:06 | 1 | - | 6 | 1:27 |
| Lap 4 | 2.34 | 11:58 | 5:06 | 1 | - | 46 | 4:22 | 8.72 | 44:35 | 5:06 | 1 | - | 6 | 1:04 |
| Last lap Finish | 1.30 | 6:27 | 4:57 | 1 | - | 48 | 2:12 | 10.00 | 51:02 | 5:06 | 1 | - | 55 | 19:08 |