



# 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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				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