



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Urbanneck, Oliver

Club: N3 Sportverein

Number: 274

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 51:43

Speed: 11.60 km/h

Running performance: 5:10 min/km

Rank in course/Total: 65 (of 103)

Rank in course/Men: 58 (of 80)

Best time in course: 31:54

Rank in category: 11(of 13)

Best time in the category: 36:55

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	7:45	4:33	10	1:52	51	2:46	1.70	7:45	4:33	11	1:52	4	0:08
Lap 2	2.34	12:10	5:11	11	3:27	59	4:44	4.04	19:55	4:55	11	5:19	3	0:06
Lap 3	2.34	12:19	5:15	11	3:30	56	4:41	6.38	32:14	5:03	11	8:49	4	1:04
Lap 4	2.34	12:19	5:15	11	3:30	54	4:43	8.72	44:33	5:06	11	12:19	4	1:02
Last lap Finish	1.30	7:10	5:30	12	2:29	62	2:55	10.00	51:43	5:10	11	14:48	58	19:49