



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Schulz, Hartmut

Club: DreamTeam Ilmenau

Number: 256

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 51:45

Speed: 11.59 km/h

Running performance: 5:11 min/km

Rank in course/Total: 66 (of 103)

Rank in course/Men: 59 (of 80)

Best time in course: 31:54

Rank in category: 2(of 3)

Best time in the category: 50:06

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	7:57	4:40	2	0:20	59	2:58	1.70	7:57	4:40	2	0:20	3	0:20
Lap 2	2.34	11:56	5:05	2	0:11	56	4:30	4.04	19:53	4:55	2	0:31	2	0:04
Lap 3	2.34	12:20	5:16	2	0:12	58	4:42	6.38	32:13	5:02	2	0:43	3	1:03
Lap 4	2.34	12:30	5:20	2	0:29	57	4:54	8.72	44:43	5:07	2	1:12	3	1:12
Last lap Finish	1.30	7:02	5:24	2	0:27	60	2:47	10.00	51:45	5:10	2	1:39	59	19:51