



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Raabe, Andreas

Club: ThSV 1886 Geschwenda

Number: 299

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 51:41

Speed: 11.61 km/h

Running performance: 5:10 min/km

Rank in course/Total: 64 (of 103)

Rank in course/Men: 57 (of 80)

Best time in course: 31:54

Rank in category: 4(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.70	7:43	4:32	3	0:57	50	2:44	1.70	7:43	4:32	4	0:57	2	0:06
Lap 2	2.34	12:05	5:09	4	1:56	58	4:39	4.04	19:48	4:54	4	2:53	11	
Lap 3	2.34	12:27	5:19	4	2:13	59	4:49	6.38	32:15	5:03	4	5:03	2	1:05
Lap 4	2.34	12:33	5:21	4	2:20	58	4:57	8.72	44:48	5:08	4	7:23	2	1:17
Last lap Finish	1.30	6:53	5:17	4	1:15	58	2:38	10.00	51:41	5:10	4	8:38	57	19:47