



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Beyer, Thomas

Club: Königsee

Number: 202

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 52:45

Speed: 11.37 km/h

Running performance: 5:17 min/km

Rank in course/Total: 69 (of 103)

Rank in course/Men: 61 (of 80)

Best time in course: 31:54

Rank in category: 7(of 8)

Best time in the category: 39:03

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	8:24	4:56	7	2:16	69	3:25	1.70	8:24	4:56	7	2:08	40	0:47
Lap 2	2.34	12:22	5:17	7	3:12	63	4:56	4.04	20:46	5:08	7	5:20	39	0:57
Lap 3	2.34	12:38	5:23	7	3:20	62	5:00	6.38	33:24	5:14	7	8:40	39	2:14
Lap 4	2.34	12:42	5:25	7	3:21	60	5:06	8.72	46:06	5:17	7	12:01	39	2:35
Last lap Finish	1.30	6:39	5:06	7	1:41	53	2:24	10.00	52:45	5:16	7	13:42	61	20:51