



# 24. Arnstädter Citylauf

Arnstadt / 26.04.2014

## Detailed evaluation

**Fleischer, Heimbart**

Club: Katholische Laufjugend Arnstadt  
Number: 206

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 52:59

Speed: 11.32 km/h

Running performance: 5:18 min/km

Rank in course/Total: 70 (of 103)

Rank in course/Men: 62 (of 80)

Best time in course: 31:54

Rank in category: 5(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	8:02	4:43	5	1:16	63	3:03	1.70	8:02	4:43	5	1:16	29	0:25
Lap 2	2.34	12:24	5:17	5	2:15	64	4:58	4.04	20:26	5:03	5	3:31	38	0:37
Lap 3	2.34	12:39	5:24	6	2:25	63	5:01	6.38	33:05	5:11	5	5:53	38	1:55
Lap 4	2.34	12:49	5:28	6	2:36	64	5:13	8.72	45:54	5:15	5	8:29	38	2:23
Last lap Finish	1.30	7:05	5:26	5	1:27	61	2:50	10.00	52:59	5:17	5	9:56	62	21:05