



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Reichart, Christoph

Club: Arnstadt

Number: 244

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 53:28

Speed: 11.22 km/h

Running performance: 5:21 min/km

Rank in course/Total: 71 (of 103)

Rank in course/Men: 63 (of 80)

Best time in course: 31:54

Rank in category: 6(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	8:22	4:55	6	1:36	68	3:23	1.70	8:22	4:55	6	1:36	38	0:45
Lap 2	2.34	12:35	5:22	6	2:26	66	5:09	4.04	20:57	5:11	6	4:02	37	1:08
Lap 3	2.34	12:31	5:20	5	2:17	61	4:53	6.38	33:28	5:14	6	6:16	37	2:18
Lap 4	2.34	12:42	5:25	5	2:29	60	5:06	8.72	46:10	5:17	6	8:45	37	2:39
Last lap Finish	1.30	7:18	5:36	6	1:40	64	3:03	10.00	53:28	5:20	6	10:25	63	21:34