



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Brünnert, Oliver

Club: TSV09 Arnstadt

Number: 280

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 53:38

Speed: 11.19 km/h

Running performance: 5:22 min/km

Rank in course/Total: 72 (of 103)

Rank in course/Men: 64 (of 80)

Best time in course: 31:54

Rank in category: 12(of 12)

Best time in the category: 39:07

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	7:56	4:40	12	1:53	57	2:57	1.70	7:56	4:40	12	1:53	15	0:19
Lap 2	2.34	11:48	5:02	11	2:43	50	4:22	4.04	19:44	4:53	12	4:36	14	
Lap 3	2.34	12:39	5:24	12	3:16	63	5:01	6.38	32:23	5:04	12	7:52	36	1:13
Lap 4	2.34	13:51	5:55	12	4:25	68	6:15	8.72	46:14	5:18	12	12:17	36	2:43
Last lap Finish	1.30	7:24	5:41	12	2:14	65	3:09	10.00	53:38	5:21	12	14:31	64	21:44