



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Ritze, Detlef

Club: Laufftreff Alteburg Arnstadt

Number: 250

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 54:22

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 74 (of 103)

Rank in course/Men: 66 (of 80)

Best time in course: 31:54

Rank in category: 3(of 3)

Best time in the category: 50:06

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	8:04	4:44	3	0:27	65	3:05	1.70	8:04	4:44	3	0:27	35	0:27
Lap 2	2.34	12:28	5:19	3	0:43	65	5:02	4.04	20:32	5:04	3	1:10	34	0:43
Lap 3	2.34	12:58	5:32	3	0:50	66	5:20	6.38	33:30	5:15	3	2:00	34	2:20
Lap 4	2.34	13:24	5:43	3	1:23	66	5:48	8.72	46:54	5:22	3	3:23	34	3:23
Last lap Finish	1.30	7:28	5:44	3	0:53	66	3:13	10.00	54:22	5:26	3	4:16	66	22:28