



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Roth, Michael

Club: Hörselberg/Hainich

Number: 251

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 54:33

Speed: 11.00 km/h

Running performance: 5:28 min/km

Rank in course/Total: 75 (of 103)

Rank in course/Men: 67 (of 80)

Best time in course: 31:54

Rank in category: 11(of 14)

Best time in the category: 31:54

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	7:38	4:29	9	2:39	46	2:39	1.70	7:38	4:29	12	2:39	14	0:01
Lap 2	2.34	12:35	5:22	12	5:09	66	5:09	4.04	20:13	5:00	12	7:48	33	0:24
Lap 3	2.34	13:10	5:37	11	5:32	67	5:32	6.38	33:23	5:13	11	13:20	33	2:13
Lap 4	2.34	13:22	5:42	11	5:46	65	5:46	8.72	46:45	5:21	11	19:06	33	3:14
Last lap Finish	1.30	7:48	6:00	11	3:33	71	3:33	10.00	54:33	5:27	11	22:39	67	22:39