



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Esefeld, Fredi

Club: KLA

Number: 293

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 56:19

Speed: 10.65 km/h

Running performance: 5:38 min/km

Rank in course/Total: 82 (of 103)

Rank in course/Men: 68 (of 80)

Best time in course: 31:54

Rank in category: 8(of 10)

Best time in the category: 35:13

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	8:49	5:11	10	3:11	75	3:50	1.70	8:49	5:11	8	3:11	30	1:12
Lap 2	2.34	12:54	5:30	8	4:48	68	5:28	4.04	21:43	5:22	8	7:59	32	1:54
Lap 3	2.34	13:19	5:41	8	5:04	68	5:41	6.38	35:02	5:29	8	13:03	32	3:52
Lap 4	2.34	13:41	5:50	8	5:11	67	6:05	8.72	48:43	5:35	8	18:14	32	5:12
Last lap Finish	1.30	7:36	5:50	8	2:52	68	3:21	10.00	56:19	5:37	8	21:06	68	24:25