



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Löffelholz, Manuel

Club: Arnstadt

Number: 241

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 56:27

Speed: 10.63 km/h

Running performance: 5:38 min/km

Rank in course/Total: 84 (of 103)

Rank in course/Men: 70 (of 80)

Best time in course: 31:54

Rank in category: 9(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		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	7:58	4:41	7	2:20	60	2:59	1.70	7:58	4:41	9	2:20	32	0:21
Lap 2	2.34	12:55	5:31	9	4:49	69	5:29	4.04	20:53	5:10	9	7:09	21	1:04
Lap 3	2.34	13:49	5:54	9	5:34	71	6:11	6.38	34:42	5:26	9	12:43	21	3:32
Lap 4	2.34	14:04	6:00	9	5:34	71	6:28	8.72	48:46	5:35	9	18:17	21	5:15
Last lap Finish	1.30	7:41	5:54	9	2:57	69	3:26	10.00	56:27	5:38	9	21:14	70	24:33