



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Hopf, Jochen

Club: Laufftreff Ina

Number: 271

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 56:22

Speed: 10.64 km/h

Running performance: 5:38 min/km

Rank in course/Total: 83 (of 103)

Rank in course/Men: 69 (of 80)

Best time in course: 31:54

Rank in category: 7(of 8)

Best time in the category: 41:19

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	8:32	5:01	7	1:52	72	3:33	1.70	8:32	5:01	7	1:52	21	0:55
Lap 2	2.34	13:03	5:34	7	3:19	72	5:37	4.04	21:35	5:20	7	5:11	30	1:46
Lap 3	2.34	13:23	5:43	7	3:40	69	5:45	6.38	34:58	5:28	7	8:51	30	3:48
Lap 4	2.34	13:51	5:55	7	4:01	68	6:15	8.72	48:49	5:35	7	12:52	30	5:18
Last lap Finish	1.30	7:33	5:48	7	2:11	67	3:18	10.00	56:22	5:38	7	15:03	69	24:28