



24. Arnstädter Citylauf
Arnstadt / 26.04.2014

Detailed evaluation

hundt, marcus

Club: Kath. Laufjugend Arnstadt
Number: 221

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 57:48

Speed: 10.38 km/h
Running performance: 5:47 min/km

Rank in course/Total: 87 (of 103)

Rank in course/Men: 71 (of 80)

Best time in course: 31:54

Rank in category: 12(of 14)

Best time in the category: 31:54

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	14	3:50	75	3:50	1.70	8:49	5:11	13	3:50	30	1:12	
Lap 2	2.34	13:20	5:41	13	5:54	73	5:54	4.04	22:09	5:28	13	9:44	29	2:20	
Lap 3	2.34	13:41	5:50	12	6:03	70	6:03	6.38	35:50	5:36	12	15:47	26	4:40	
Lap 4	2.34	14:10	6:03	12	6:34	72	6:34	8.72	50:00	5:44	12	22:21	29	6:29	
Last lap Finish	1.30	7:48	6:00	11	3:33	71	3:33	10.00	57:48	5:46	12	25:54	71	25:54	