



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Schmidt, Martin

Club: Kirchheim

Number: 254

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 58:50

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 88 (of 103)

Rank in course/Men: 72 (of 80)

Best time in course: 31:54

Rank in category: 8(of 8)

Best time in the category: 39:03

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	9:27	5:33	8	3:19	78	4:28	1.70	9:27	5:33	8	3:11	28	1:50
Lap 2	2.34	13:36	5:48	8	4:26	75	6:10	4.04	23:03	5:42	8	7:37	28	3:14
Lap 3	2.34	14:02	5:59	8	4:44	72	6:24	6.38	37:05	5:48	8	12:21	28	5:55
Lap 4	2.34	14:03	6:00	8	4:42	70	6:27	8.72	51:08	5:51	8	17:03	28	7:37
Last lap Finish	1.30	7:42	5:55	8	2:44	70	3:27	10.00	58:50	5:53	8	19:47	73	26:56