



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Schulz, Ronald

Club: hell-is-open

Number: 257

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 59:15

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 89 (of 103)

Rank in course/Men: 73 (of 80)

Best time in course: 31:54

Rank in category: 8(of 8)

Best time in the category: 41:19

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	8:27	4:58	6	1:47	71	3:28	1.70	8:27	4:58	8	1:47	27	0:50
Lap 2	2.34	13:26	5:44	8	3:42	74	6:00	4.04	21:53	5:24	8	5:29	27	2:04
Lap 3	2.34	14:03	6:00	8	4:20	73	6:25	6.38	35:56	5:37	8	9:49	27	4:46
Lap 4	2.34	15:01	6:25	8	5:11	74	7:25	8.72	50:57	5:50	8	15:00	27	7:26
Last lap Finish	1.30	8:18	6:23	8	2:56	74	4:03	10.00	59:15	5:55	8	17:56	74	27:21