



# 24. Arnstädter Citylauf

Arnstadt / 26.04.2014

## Detailed evaluation

**Jelich, Georg**

Club: Katholische Laufjugend Arnstadt

Number: 224

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 59:37

Speed: 10.06 km/h

Running performance: 5:58 min/km

Rank in course/Total: 90 (of 103)

Rank in course/Men: 74 (of 80)

Best time in course: 31:54

Rank in category: 10(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	8:25	4:57	9	2:47	70	3:26	1.70	8:25	4:57	10	2:47	26	0:48
Lap 2	2.34	12:57	5:32	10	4:51	71	5:31	4.04	21:22	5:17	10	7:38	26	1:33
Lap 3	2.34	14:28	6:10	10	6:13	75	6:50	6.38	35:50	5:36	10	13:51	26	4:40
Lap 4	2.34	15:10	6:28	10	6:40	76	7:34	8.72	51:00	5:50	10	20:31	26	7:29
Last lap Finish	1.30	8:37	6:37	10	3:53	76	4:22	10.00	59:37	5:57	10	24:24	75	27:43