



# 24. Arnstädter Citylauf

Arnstadt / 26.04.2014

## Detailed evaluation

Ziegler, Hans-Joachim

Club: TSG/ WSC 07 Ruhla

Number: 308

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:02:50

Speed: 9.55 km/h

Running performance: 6:17 min/km

Rank in course/Total: 96 (of 103)

Rank in course/Men: 76 (of 80)

Best time in course: 31:54

Rank in category: 2(of 2)

Best time in the category: 51:02

### 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	9:44	5:43	2	1:24	80	4:45	1.70	9:44	5:43	2	1:24	24	2:07
Lap 2	2.34	14:40	6:16	2	2:30	79	7:14	4.04	24:24	6:02	2	3:54	24	4:35
Lap 3	2.34	14:56	6:22	2	2:49	76	7:18	6.38	39:20	6:09	2	6:43	24	8:10
Lap 4	2.34	15:07	6:27	2	3:09	75	7:31	8.72	54:27	6:14	2	9:52	24	10:56
Last lap Finish	1.30	8:23	6:26	2	1:56	75	4:08	10.00	1:02:50	6:16	2	11:48	77	30:56