



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Baudisch, David

Club: Heiligenstadt

Number: 284

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 1:02:59

Speed: 9.53 km/h

Running performance: 6:18 min/km

Rank in course/Total: 97 (of 103)

Rank in course/Men: 77 (of 80)

Best time in course: 31:54

Rank in category: 13(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	8:38	5:04	13	3:39	74	3:39	1.70	8:38	5:04	14	3:39	23	1:01
Lap 2	2.34	14:21	6:07	14	6:55	77	6:55	4.04	22:59	5:41	14	10:34	23	3:10
Lap 3	2.34	15:16	6:31	13	7:38	77	7:38	6.38	38:15	5:59	13	18:12	23	7:05
Lap 4	2.34	15:44	6:43	13	8:08	77	8:08	8.72	53:59	6:11	13	26:20	23	10:28
Last lap Finish	1.30	9:00	6:55	13	4:45	78	4:45	10.00	1:02:59	6:17	13	31:05	78	31:05