



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Maar, Karl-Heinz

Club: Freizeit

Number: 310

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:04:05

Speed: 9.36 km/h

Running performance: 6:25 min/km

Rank in course/Total: 98 (of 103)

Rank in course/Men: 78 (of 80)

Best time in course: 31:54

Rank in category: 7(of 7)

Best time in the category: 43:03

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	9:25	5:32	7	2:39	77	4:26	1.70	9:25	5:32	7	2:39	22	1:48
Lap 2	2.34	14:29	6:11	7	4:20	78	7:03	4.04	23:54	5:54	7	6:59	22	4:05
Lap 3	2.34	15:23	6:34	7	5:09	78	7:45	6.38	39:17	6:09	7	12:05	22	8:07
Lap 4	2.34	15:54	6:47	7	5:41	78	8:18	8.72	55:11	6:19	7	17:46	22	11:40
Last lap Finish	1.30	8:54	6:50	7	3:16	77	4:39	10.00	1:04:05	6:24	7	21:02	79	32:11