



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Bechmann, Rico

Club: Sonntagsläufer Tambach-Dietharz
Number: 70

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 20:25

Speed: 14.69 km/h

Running performance: 4:05 min/km

Rank in course/Total: 5 (of 39)

Rank in course/Men: 5 (of 25)

Best time in course: 17:05

Rank in category: 3(of 8)

Best time in the category: 17:05

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	1.39	5:04	3:38	2	0:30	3	0:30	1.39	5:04	3:38	2	0:30	24		
Lap 2	2.35	9:42	4:07	3	1:41	5	1:41	3.74	14:46	3:56	2	2:11	23		
Last lap Finish	1.30	5:39	4:20	5	1:09	7	1:09	5.00	20:25	4:05	3	3:20	5	3:20	