



# 24. Arnstädter Citylauf

Arnstadt / 26.04.2014

## Detailed evaluation

### Höpping, Stefan

Club: Kirchheim

Number: 95

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 21:06

Speed: 14.22 km/h

Running performance: 4:13 min/km

Rank in course/Total: 6 (of 39)

Rank in course/Men: 6 (of 25)

Best time in course: 17:05

Rank in category: 4(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	5:26	3:54	5	0:52	8	0:52	1.39	5:26	3:54	3	0:52	23		
Lap 2	2.35	10:12	4:20	5	2:11	7	2:11	3.74	15:38	4:10	3	3:03	22		
Last lap Finish	1.30	5:28	4:12	4	0:58	6	0:58	5.00	21:06	4:13	4	4:01	6	4:01	