



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 | |