



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Puy, Michael

Club: RRC Zella-Mehlis

Number: 90

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 21:10

Speed: 14.17 km/h

Running performance: 4:14 min/km

Rank in course/Total: 7 (of 39)

Rank in course/Men: 7 (of 25)

Best time in course: 17:05

Rank in category: 5(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	5:11	3:43	4	0:37	7	0:37	1.39	5:11	3:43	4	0:37	22		
Lap 2	2.35	10:17	4:22	7	2:16	10	2:16	3.74	15:28	4:08	4	2:53	21		
Last lap Finish	1.30	5:42	4:23	6	1:12	9	1:12	5.00	21:10	4:14	5	4:05	7	4:05	