



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Wendemuth, Patrick

Club: Laufftreff Dorsdorf

Number: 100

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 19:58

Speed: 15.03 km/h

Running performance: 3:59 min/km

Rank in course/Total: 4 (of 39)

Rank in course/Men: 4 (of 25)

Best time in course: 17:05

Rank in category: 2(of 8)

Best time in the category: 17:05

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.39	5:07	3:40	3	0:33	6	0:33	1.39	5:07	3:40	5	0:33	20	
Lap 2	2.35	9:32	4:03	2	1:31	4	1:31	3.74	14:39	3:55	5	2:04	19	
Last lap Finish	1.30	5:19	4:05	2	0:49	4	0:49	5.00	19:58	3:59	2	2:53	4	2:53