



## 24. Arnstädter Citylauf

Arnstadt / 26.04.2014

### Detailed evaluation

**Sahl, Andreas**

Club: RSV Adler Arnstadt

Number: 112

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 21:27

Speed: 13.99 km/h

Running performance: 4:17 min/km

Rank in course/Total: 9 (of 39)

Rank in course/Men: 9 (of 25)

Best time in course: 17:05

Rank in category: 1(of 1)

Best time in the category: 21:27

### 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	5:35	4:01	1	-	11	1:01	1.39	5:35	4:01	1	-	19	
Lap 2	2.35	10:12	4:20	1	-	7	2:11	3.74	15:47	4:13	1	-	18	
Last lap Finish	1.30	5:40	4:21	1	-	8	1:10	5.00	21:27	4:17	1	-	9	4:22