



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind 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