



# 24. Arnstädter Citylauf

Arnstadt / 26.04.2014

## Detailed evaluation

### Glock, Carsten

Club: Katholische Laufjugend Arnstadt  
Number: 75

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 21:11

Speed: 14.16 km/h

Running performance: 4:14 min/km

Rank in course/Total: 8 (of 39)

Rank in course/Men: 8 (of 25)

Best time in course: 17:05

Rank in category: 6(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	5:44	4:07	7	1:10	14	1:10	1.39	5:44	4:07	6	1:10	18		
Lap 2	2.35	10:01	4:15	4	2:00	6	2:00	3.74	15:45	4:12	6	3:10	17		
Last lap Finish	1.30	5:26	4:10	3	0:56	5	0:56	5.00	21:11	4:14	6	4:06	8	4:06	