



# 24. Arnstädter Citylauf

Arnstadt / 26.04.2014

## Detailed evaluation

**Bachmann, Michael**

Club: LTV Obereichsfeld

Number: 108

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 22:06

Speed: 13.57 km/h

Running performance: 4:25 min/km

Rank in course/Total: 11 (of 39)

Rank in course/Men: 11 (of 25)

Best time in course: 17:05

Rank in category: 7(of 8)

Best time in the category: 17:05

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |  |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |  |
| Lap 1           | 1.39        | 5:33          | 3:59            | 6           | 0:59           | 10          | 0:59          | 1.39          | 5:33          | 3:59            | 7           | 0:59           | 16         |               |  |
| Lap 2           | 2.35        | 10:13         | 4:20            | 6           | 2:12           | 9           | 2:12          | 3.74          | 15:46         | 4:12            | 7           | 3:11           | 15         |               |  |
| Last lap Finish | 1.30        | 6:20          | 4:52            | 7           | 1:50           | 12          | 1:50          | 5.00          | 22:06         | 4:25            | 7           | 5:01           | 11         | 5:01          |  |