



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

ernst, marcel

Club: Sonntagsläufer Tambach-Dietharz

Number: 74

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 22:19

Speed: 13.44 km/h

Running performance: 4:28 min/km

Rank in course/Total: 13 (of 39)

Rank in course/Men: 12 (of 25)

Best time in course: 17:05

Rank in category: 2(of 3)

Best time in the category: 17:46

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	5:36	4:01	2	1:01	12	1:02	1.39	5:36	4:01	2	1:01	15	
Lap 2	2.35	10:39	4:31	2	2:13	12	2:38	3.74	16:15	4:20	2	3:14	14	
Last lap Finish	1.30	6:04	4:39	2	1:19	11	1:34	5.00	22:19	4:27	2	4:33	12	5:14