



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Voß, Bernd

Club: Erfurt
Number: 111

Course: 5.00 km
Autohaus Gebrüder Kühn 5-km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 25:33

Speed: 11.74 km/h
Running performance: 5:07 min/km

Rank in course/Total: 20 (of 39)

Rank in course/Men: 16 (of 25)

Best time in course: 17:05

Rank in category: 1(of 2)

Best time in the category: 25:33

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	6:18	4:31	1	-	17	1:44	1.39	6:18	4:31	1	-	11	0:32
Lap 2	2.35	12:20	5:14	1	-	16	4:19	3.74	18:38	4:58	1	-	10	1:30
Last lap Finish	1.30	6:55	5:19	1	-	16	2:25	5.00	25:33	5:06	1	-	16	8:28