



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Posniak, Jörg

Club: Straußfurt

Number: 88

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 27:13

Speed: 11.02 km/h

Running performance: 5:26 min/km

Rank in course/Total: 26 (of 39)

Rank in course/Men: 20 (of 25)

Best time in course: 17:05

Rank in category: 4(of 5)

Best time in the category: 25:26

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.39	6:45	4:51	3	0:24	21	2:11	1.39	6:45	4:51	2	0:24	10	0:59
Lap 2	2.35	13:06	5:34	3	1:10	19	5:05	3.74	19:51	5:18	2	1:34	9	2:43
Last lap Finish	1.30	7:22	5:39	4	0:28	20	2:52	5.00	27:13	5:26	4	1:47	20	10:08