



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Krug, Jürgen

Club: Kirchheim

Number: 85

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 26:44

Speed: 11.22 km/h

Running performance: 5:21 min/km

Rank in course/Total: 25 (of 39)

Rank in course/Men: 19 (of 25)

Best time in course: 17:05

Rank in category: 3(of 5)

Best time in the category: 25:26

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	6:44	4:50	2	0:23	20	2:10	1.39	6:44	4:50	3	0:23	9	0:58
Lap 2	2.35	13:06	5:34	3	1:10	19	5:05	3.74	19:50	5:18	3	1:33	8	2:42
Last lap Finish	1.30	6:54	5:18	1	-	15	2:24	5.00	26:44	5:20	3	1:18	19	9:39