



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Hein, Michael

Club: Katholische Laufjugend Arnstadt
Number: 81

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

Category:
Senioren M40 (40-44 Jahre)

Total time: 26:24

Speed: 11.36 km/h
Running performance: 5:17 min/km

Rank in course/Total: 24 (of 39)

Rank in course/Men: 18 (of 25)

Best time in course: 17:05

Rank in category: 2(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.39	6:50	4:54	4	0:29	22	2:16	1.39	6:50	4:54	4	0:29	8	1:04
Lap 2	2.35	12:39	5:22	2	0:43	17	4:38	3.74	19:29	5:12	4	1:12	7	2:21
Last lap Finish	1.30	6:55	5:19	2	0:01	16	2:25	5.00	26:24	5:16	2	0:58	18	9:19