



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Ribienski, Georg

Club: LSV Lok Arnstadt

Number: 91

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 28:25

Speed: 10.56 km/h

Running performance: 5:41 min/km

Rank in course/Total: 30 (of 39)

Rank in course/Men: 21 (of 25)

Best time in course: 17:05

Rank in category: 2(of 2)

Best time in the category: 25:33

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	6:58	5:00	2	0:40	23	2:24	1.39	6:58	5:00	2	0:40	7	1:12
Lap 2	2.35	13:56	5:55	2	1:36	23	5:55	3.74	20:54	5:35	2	2:16	6	3:46
Last lap Finish	1.30	7:31	5:46	2	0:36	21	3:01	5.00	28:25	5:41	2	2:52	21	11:20