



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Protze, Rolf

Club: WSV Schmiedefeld

Number: 89

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 28:35

Speed: 10.50 km/h

Running performance: 5:43 min/km

Rank in course/Total: 31 (of 39)

Rank in course/Men: 22 (of 25)

Best time in course: 17:05

Rank in category: 1(of 1)

Best time in the category: 28:35

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	7:09	5:08	1	-	24	2:35	1.39	7:09	5:08	1	-	6	1:23
Lap 2	2.35	13:37	5:47	1	-	21	5:36	3.74	20:46	5:33	1	-	5	3:38
Last lap Finish	1.30	7:49	6:00	1	-	22	3:19	5.00	28:35	5:43	1	-	22	11:30