



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Gorges, Enrico

Club: Erfurt

Number: 76

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 28:55

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 32 (of 39)

Rank in course/Men: 23 (of 25)

Best time in course: 17:05

Rank in category: 8(of 8)

Best time in the category: 17:05

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	6:22	4:34	8	1:48	19	1:48	1.39	6:22	4:34	8	1:48	5	0:36
Lap 2	2.35	13:47	5:51	8	5:46	22	5:46	3.74	20:09	5:23	8	7:34	4	3:01
Last lap Finish	1.30	8:46	6:44	8	4:16	23	4:16	5.00	28:55	5:46	8	11:50	23	11:50