



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 |