



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Siegling, Michael

Club: Arnstadt

Number: 104

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 31:40

Speed: 9.47 km/h

Running performance: 6:20 min/km

Rank in course/Total: 38 (of 39)

Rank in course/Men: 24 (of 25)

Best time in course: 17:05

Rank in category: 5(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.39	8:01	5:46	5	1:40	25	3:27	1.39	8:01	5:46	5	1:40	4	2:15
Lap 2	2.35	14:52	6:19	5	2:56	24	6:51	3.74	22:53	6:07	5	4:36	3	5:45
Last lap Finish	1.30	8:47	6:45	5	1:53	24	4:17	5.00	31:40	6:20	5	6:14	24	14:35