



24. Arnstädter Citylauf
 Arnstadt / 26.04.2014

Detailed evaluation

Schwarz, Rico

Club: ASV Erfurt
 Number: 258

Course: 10.00 km
 Schwenninger 10-km-Lauf

Category:
 Männer (20-29 Jahre)

Total time: 31:54

Speed: 18.81 km/h
 Running performance: 3:11 min/km

Rank in course/Total: 1 (of 103)

Rank in course/Men: 1 (of 80)

Best time in course: 31:54

Rank in category: 1(of 14)

Best time in the category: 31:54

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Lap 1	1.70	4:59	2:55	1	-	1	-	1.70	4:59	2:55	1	-	71	
Lap 2	2.34	7:26	3:10	1	-	1	-	4.04	12:25	3:04	1	-	71	
Lap 3	2.34	7:38	3:15	1	-	1	-	6.38	20:03	3:08	1	-	70	
Lap 4	2.34	7:36	3:14	1	-	1	-	8.72	27:39	3:10	1	-	70	
Last lap Finish	1.30	4:15	3:16	1	-	1	-	10.00	31:54	3:11	1	-	1	-