



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Merrbach, Frank

Club: Friedrichroda

Number: 301

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 35:13

Speed: 17.04 km/h

Running performance: 3:31 min/km

Rank in course/Total: 2 (of 103)

Rank in course/Men: 2 (of 80)

Best time in course: 31:54

Rank in category: 1(of 10)

Best time in the category: 35:13

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	1.70	5:38	3:18	1	-	3	0:39	1.70	5:38	3:18	1	-	57		
Lap 2	2.34	8:06	3:27	1	-	2	0:40	4.04	13:44	3:23	1	-	59		
Lap 3	2.34	8:15	3:31	1	-	2	0:37	6.38	21:59	3:26	1	-	59		
Lap 4	2.34	8:30	3:37	1	-	2	0:54	8.72	30:29	3:29	1	-	59		
Last lap Finish	1.30	4:44	3:38	1	-	4	0:29	10.00	35:13	3:31	1	-	2	3:19	