



# 24. Arnstädter Citylauf

Arnstadt / 26.04.2014

## Detailed evaluation

**Krecker, Martin**

Club: N3 Sportverein

Number: 273

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 36:45

Speed: 16.33 km/h

Running performance: 3:41 min/km

Rank in course/Total: 4 (of 103)

Rank in course/Men: 4 (of 80)

Best time in course: 31:54

Rank in category: 3(of 14)

Best time in the category: 31:54

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total |       | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|-----------------|-------------|----------------|---------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km    | Time  |                 |             |                | Pos<br>Men    | Behind<br>Men |
| Lap 1           | 1.70        | 5:38          | 3:18            | 3           | 0:39           | 3           | 0:39          | 1.70  | 5:38  | 3:18            | 3           | 0:39           | 57            |               |
| Lap 2           | 2.34        | 8:36          | 3:40            | 3           | 1:10           | 4           | 1:10          | 4.04  | 14:14 | 3:31            | 3           | 1:49           | 57            |               |
| Lap 3           | 2.34        | 8:52          | 3:47            | 2           | 1:14           | 4           | 1:14          | 6.38  | 23:06 | 3:37            | 2           | 3:03           | 57            |               |
| Lap 4           | 2.34        | 8:49          | 3:46            | 2           | 1:13           | 3           | 1:13          | 8.72  | 31:55 | 3:39            | 2           | 4:16           | 57            |               |
| Last lap Finish | 1.30        | 4:50          | 3:43            | 3           | 0:35           | 5           | 0:35          | 10.00 | 36:45 | 3:40            | 3           | 4:51           | 4             | 4:51          |