



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Hegenbart, Thomas

Club: USV Erfurt

Number: 214

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 36:55

Speed: 16.25 km/h

Running performance: 3:41 min/km

Rank in course/Total: 5 (of 103)

Rank in course/Men: 5 (of 80)

Best time in course: 31:54

Rank in category: 1(of 13)

Best time in the category: 36:55

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	5:53	3:27	1	-	6	0:54	1.70	5:53	3:27	1	-	56		
Lap 2	2.34	8:43	3:43	1	-	6	1:17	4.04	14:36	3:36	1	-	56		
Lap 3	2.34	8:49	3:46	1	-	3	1:11	6.38	23:25	3:40	1	-	56		
Lap 4	2.34	8:49	3:46	1	-	3	1:13	8.72	32:14	3:41	1	-	56		
Last lap Finish	1.30	4:41	3:36	1	-	3	0:26	10.00	36:55	3:41	1	-	5	5:01	