



24. Arnstädter Citylauf  
Arnstadt / 26.04.2014

Detailed evaluation

Mlinarsky, Michael

Club: Langewiesen  
Number: 242

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 38:28

Speed: 15.60 km/h  
Running performance: 3:51 min/km

Rank in course/Total: 6 (of 103)

Rank in course/Men: 6 (of 80)

Best time in course: 31:54

Rank in category: 2(of 10)

Best time in the category: 35:13

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	5:54	3:28	2	0:16	8	0:55	1.70	5:54	3:28	2	0:16	55	
Lap 2	2.34	9:07	3:53	2	1:01	8	1:41	4.04	15:01	3:43	2	1:17	55	
Lap 3	2.34	9:18	3:58	2	1:03	6	1:40	6.38	24:19	3:48	2	2:20	55	
Lap 4	2.34	9:14	3:56	2	0:44	6	1:38	8.72	33:33	3:50	2	3:04	55	
Last lap Finish	1.30	4:55	3:46	2	0:11	6	0:40	10.00	38:28	3:50	2	3:15	6	6:34