



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Sauerbrei, Rainer

Club: Eisenach

Number: 252

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 39:07

Speed: 15.34 km/h

Running performance: 3:55 min/km

Rank in course/Total: 8 (of 103)

Rank in course/Men: 8 (of 80)

Best time in course: 31:54

Rank in category: 1(of 12)

Best time in the category: 39:07

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	6:03	3:33	1	-	11	1:04	1.70	6:03	3:33	1	-	53	
Lap 2	2.34	9:05	3:52	1	-	7	1:39	4.04	15:08	3:44	1	-	53	
Lap 3	2.34	9:23	4:00	1	-	8	1:45	6.38	24:31	3:50	1	-	53	
Lap 4	2.34	9:26	4:01	1	-	8	1:50	8.72	33:57	3:53	1	-	53	
Last lap Finish	1.30	5:10	3:58	1	-	9	0:55	10.00	39:07	3:54	1	-	8	7:13