



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Trefflich, Denny

Club: SV Ictershausen

Number: 260

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 40:21

Speed: 14.87 km/h

Running performance: 4:02 min/km

Rank in course/Total: 10 (of 103)

Rank in course/Men: 10 (of 80)

Best time in course: 31:54

Rank in category: 3(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	5:58	3:30	3	0:20	9	0:59	1.70	5:58	3:30	3	0:20	41		
Lap 2	2.34	9:29	4:03	4	1:23	12	2:03	4.04	15:27	3:49	3	1:43	41		
Lap 3	2.34	9:53	4:13	4	1:38	16	2:15	6.38	25:20	3:58	3	3:21	51		
Lap 4	2.34	9:51	4:12	4	1:21	16	2:15	8.72	35:11	4:02	3	4:42	40		
Last lap Finish	1.30	5:10	3:58	3	0:26	9	0:55	10.00	40:21	4:02	3	5:08	10	8:27	