



# 24. Arnstädter Citylauf

Arnstadt / 26.04.2014

## Detailed evaluation

### Winter, Torsten

Club: SV Ictershausen

Number: 267

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 40:29

Speed: 14.82 km/h

Running performance: 4:03 min/km

Rank in course/Total: 11 (of 103)

Rank in course/Men: 11 (of 80)

Best time in course: 31:54

Rank in category: 2(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.70	6:06	3:35	2	0:03	12	1:07	1.70	6:06	3:35	2	0:03	50	
Lap 2	2.34	9:31	4:04	2	0:26	15	2:05	4.04	15:37	3:51	2	0:29	48	
Lap 3	2.34	9:46	4:10	2	0:23	14	2:08	6.38	25:23	3:58	2	0:52	40	
Lap 4	2.34	9:48	4:11	2	0:22	11	2:12	8.72	35:11	4:02	2	1:14	40	
Last lap Finish	1.30	5:18	4:04	2	0:08	13	1:03	10.00	40:29	4:02	2	1:22	11	8:35