



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Hofmann, Mario

Club: Flinken Gerataler/TSV 1880 Elgersburg
Number: 219

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 40:33

Speed: 14.80 km/h
Running performance: 4:04 min/km

Rank in course/Total: 12 (of 103)

Rank in course/Men: 12 (of 80)

Best time in course: 31:54

Rank in category: 2(of 8)

Best time in the category: 39:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Lap 1	1.70	6:18	3:42	3	16	0:10	1:19	1.70	6:18	3:42	2	49	0:02	
Lap 2	2.34	9:33	4:04	4	18	0:23	2:07	4.04	15:51	3:55	2	49	0:25	
Lap 3	2.34	9:42	4:08	2	11	0:24	2:04	6.38	25:33	4:00	2	48	0:49	
Lap 4	2.34	9:49	4:11	3	13	0:28	2:13	8.72	35:22	4:03	2	49	1:17	
Last lap Finish	1.30	5:11	3:59	2	11	0:13	0:56	10.00	40:33	4:03	2	12	8:39	