



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Syrbe, Rene

Club: KS Sportsworld

Number: 309

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 40:44

Speed: 14.73 km/h

Running performance: 4:04 min/km

Rank in course/Total: 13 (of 103)

Rank in course/Men: 13 (of 80)

Best time in course: 31:54

Rank in category: 3(of 8)

Best time in the category: 39:03

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	6:08	3:36	1	-	13	1:09	1.70	6:08	3:36	3				48
Lap 2	2.34	9:29	4:03	2	0:19	12	2:03	4.04	15:37	3:51	3	0:11			48
Lap 3	2.34	9:56	4:14	3	0:38	20	2:18	6.38	25:33	4:00	2	0:49			48
Lap 4	2.34	9:48	4:11	2	0:27	11	2:12	8.72	35:21	4:03	3	1:16			48
Last lap Finish	1.30	5:23	4:08	4	0:25	16	1:08	10.00	40:44	4:04	3	1:41		13	8:50