



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Hauser, Olaf

Club: LV Gera
Number: 294

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 41:19

Speed: 14.52 km/h
Running performance: 4:08 min/km

Rank in course/Total: 18 (of 103)

Rank in course/Men: 18 (of 80)

Best time in course: 31:54

Rank in category: 1(of 8)

Best time in the category: 41:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	1.70	6:40	3:55	1	-	27	1:41	1.70	6:40	3:55	1	-	46	
Lap 2	2.34	9:44	4:09	1	-	21	2:18	4.04	16:24	4:03	1	-	46	
Lap 3	2.34	9:43	4:09	1	-	12	2:05	6.38	26:07	4:05	1	-	46	
Lap 4	2.34	9:50	4:12	1	-	15	2:14	8.72	35:57	4:07	1	-	46	
Last lap Finish	1.30	5:22	4:07	1	-	15	1:07	10.00	41:19	4:07	1	-	18	9:25