



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Schadwinkel, Andy

Club: GMRV Langewiesen / Flinke Gerataler
Number: 253

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 41:09

Speed: 14.58 km/h

Running performance: 4:07 min/km

Rank in course/Total: 15 (of 103)

Rank in course/Men: 15 (of 80)

Best time in course: 31:54

Rank in category: 3(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			Pos		Behind	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	6:17	3:41	3	0:14	15	1:18	1.70	6:17	3:41	3	0:14	44	
Lap 2	2.34	9:31	4:04	2	0:26	15	2:05	4.04	15:48	3:54	3	0:40	44	
Lap 3	2.34	9:46	4:10	2	0:23	14	2:08	6.38	25:34	4:00	3	1:03	44	
Lap 4	2.34	10:05	4:18	3	0:39	18	2:29	8.72	35:39	4:05	3	1:42	44	
Last lap Finish	1.30	5:30	4:13	3	0:20	18	1:15	10.00	41:09	4:06	3	2:02	15	9:15