



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Freitag, Roman

Club: Katholische Laufjugend Arnstadt
Number: 208

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 41:10

Speed: 14.57 km/h
Running performance: 4:07 min/km

Rank in course/Total: 16 (of 103)

Rank in course/Men: 16 (of 80)

Best time in course: 31:54

Rank in category: 4(of 14)

Best time in the category: 31:54

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.70	6:39	3:54	6	1:40	26	1:40	1.70	6:39	3:54	5	1:40	43		
Lap 2	2.34	9:46	4:10	5	2:20	22	2:20	4.04	16:25	4:03	5	4:00	43		
Lap 3	2.34	9:53	4:13	4	2:15	16	2:15	6.38	26:18	4:07	4	6:15	43		
Lap 4	2.34	9:46	4:10	4	2:10	10	2:10	8.72	36:04	4:08	4	8:25	43		
Last lap Finish	1.30	5:06	3:55	4	0:51	8	0:51	10.00	41:10	4:06	4	9:16	16	9:16	