



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Schnauß, Markus

Club: Katholische Laufjugend Arnstadt
Number: 278

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 41:34

Speed: 14.43 km/h
Running performance: 4:10 min/km

Rank in course/Total: 19 (of 103)

Rank in course/Men: 19 (of 80)

Best time in course: 31:54

Rank in category: 3(of 13)

Best time in the category: 36:55

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	6:25	3:46	3	0:32	19	1:26	1.70	6:25	3:46	3	0:32	42	
Lap 2	2.34	9:29	4:03	3	0:46	12	2:03	4.04	15:54	3:56	3	1:18	42	
Lap 3	2.34	9:44	4:09	3	0:55	13	2:06	6.38	25:38	4:01	3	2:13	42	
Lap 4	2.34	10:17	4:23	4	1:28	23	2:41	8.72	35:55	4:07	3	3:41	42	
Last lap Finish	1.30	5:39	4:20	4	0:58	23	1:24	10.00	41:34	4:09	3	4:39	19	9:40