



24. Arnstädter Citylauf  
Arnstadt / 26.04.2014

Detailed evaluation

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Club: Katholische Laufjugend Arnstadt  
Number: 259

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 41:48

Speed: 14.35 km/h  
Running performance: 4:11 min/km

Rank in course/Total: 20 (of 103)

Rank in course/Men: 20 (of 80)

Best time in course: 31:54

Rank in category: 4(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	9:39	4:07	4	0:56	19	2:13	4.04	16:04	3:58	4	1:28	51	
Lap 3	2.34	9:53	4:13	4	1:04	16	2:15	6.38	25:57	4:04	4	2:32	41	
Lap 4	2.34	10:09	4:20	3	1:20	20	2:33	8.72	36:06	4:08	4	3:52	41	
Last lap Finish	1.30	5:42	4:23	5	1:01	24	1:27	10.00	41:48	4:10	4	4:53	20	9:54