



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Zeiger, Thomas

Club: Katholische Laufjugend Arnstadt
Number: 269

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 42:08

Speed: 14.24 km/h
Running performance: 4:13 min/km

Rank in course/Total: 21 (of 103)

Rank in course/Men: 21 (of 80)

Best time in course: 31:54

Rank in category: 4(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 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	4	0:22	19	1:26	1.70	6:25	3:46	4	0:22	42		
Lap 2	2.34	9:39	4:07	4	0:34	19	2:13	4.04	16:04	3:58	4	0:56	51		
Lap 3	2.34	9:53	4:13	4	0:30	16	2:15	6.38	25:57	4:04	4	1:26	41		
Lap 4	2.34	10:09	4:20	4	0:43	20	2:33	8.72	36:06	4:08	4	2:09	41		
Last lap Finish	1.30	6:02	4:38	7	0:52	36	1:47	10.00	42:08	4:12	4	3:01	21	10:14	