



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Ritter, Siegfried

Club: SSV Erfurt 02

Number: 270

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 43:03

Speed: 13.94 km/h

Running performance: 4:18 min/km

Rank in course/Total: 25 (of 103)

Rank in course/Men: 25 (of 80)

Best time in course: 31:54

Rank in category: 1(of 7)

Best time in the category: 43:03

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	6:46	3:58	1	-	30	1:47	1.70	6:46	3:58	1	-	66	
Lap 2	2.34	10:09	4:20	1	-	29	2:43	4.04	16:55	4:11	1	-	77	
Lap 3	2.34	10:17	4:23	2	0:03	25	2:39	6.38	27:12	4:15	1	-	77	
Lap 4	2.34	10:13	4:21	1	-	22	2:37	8.72	37:25	4:17	1	-	77	
Last lap Finish	1.30	5:38	4:20	1	-	22	1:23	10.00	43:03	4:18	1	-	25	11:09