



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Hengelhaupt, Thorsten

Club: SV Ichnershausen

Number: 216

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 43:01

Speed: 13.95 km/h

Running performance: 4:18 min/km

Rank in course/Total: 24 (of 103)

Rank in course/Men: 24 (of 80)

Best time in course: 31:54

Rank in category: 5(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	6:34	3:51	5	0:41	25	1:35	1.70	6:34	3:51	5	0:41	76	
Lap 2	2.34	10:05	4:18	5	1:22	26	2:39	4.04	16:39	4:07	5	2:03	75	
Lap 3	2.34	10:20	4:24	5	1:31	26	2:42	6.38	26:59	4:13	5	3:34	75	
Lap 4	2.34	10:25	4:27	5	1:36	24	2:49	8.72	37:24	4:17	5	5:10	75	
Last lap Finish	1.30	5:37	4:19	3	0:56	21	1:22	10.00	43:01	4:18	5	6:06	24	11:07