



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Hey, Herbert

Club: LTV Erfurt
Number: 282

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 43:34

Speed: 13.77 km/h
Running performance: 4:22 min/km

Rank in course/Total: 26 (of 103)

Rank in course/Men: 26 (of 80)

Best time in course: 31:54

Rank in category: 2(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	6:48	4:00	2	0:02	33	1:49	1.70	6:48	4:00	2	0:02	75	
Lap 2	2.34	10:11	4:21	2	0:02	30	2:45	4.04	16:59	4:12	2	0:04	74	
Lap 3	2.34	10:14	4:22	1	-	24	2:36	6.38	27:13	4:15	2	0:01	74	
Lap 4	2.34	10:33	4:30	2	0:20	26	2:57	8.72	37:46	4:19	2	0:21	74	
Last lap Finish	1.30	5:48	4:27	2	0:10	27	1:33	10.00	43:34	4:21	2	0:31	26	11:40