



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Greßler, Steffen

Club: Arnstadt

Number: 285

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 43:37

Speed: 13.76 km/h

Running performance: 4:22 min/km

Rank in course/Total: 27 (of 103)

Rank in course/Men: 27 (of 80)

Best time in course: 31:54

Rank in category: 5(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	6:32	3:50	5	0:29	22	1:33	1.70	6:32	3:50	5	0:29	74	
Lap 2	2.34	10:05	4:18	5	1:00	26	2:39	4.04	16:37	4:06	5	1:29	73	
Lap 3	2.34	10:33	4:30	5	1:10	28	2:55	6.38	27:10	4:15	5	2:39	73	
Lap 4	2.34	10:39	4:33	5	1:13	27	3:03	8.72	37:49	4:20	5	3:52	73	
Last lap Finish	1.30	5:48	4:27	4	0:38	27	1:33	10.00	43:37	4:21	5	4:30	27	11:43