



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Häfner, Sven

Club: WSC-Ober-Unterschönau

Number: 222

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 44:11

Speed: 13.58 km/h

Running performance: 4:25 min/km

Rank in course/Total: 29 (of 103)

Rank in course/Men: 28 (of 80)

Best time in course: 31:54

Rank in category: 1(of 2)

Best time in the category: 44:11

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	6:20	3:43	1	-	17	1:21	1.70	6:20	3:43	1	-	73	
Lap 2	2.34	10:18	4:24	1	-	31	2:52	4.04	16:38	4:07	1	-	72	
Lap 3	2.34	10:41	4:33	1	-	29	3:03	6.38	27:19	4:16	1	-	72	
Lap 4	2.34	11:01	4:42	1	-	33	3:25	8.72	38:20	4:23	1	-	72	
Last lap Finish	1.30	5:51	4:30	1	-	31	1:36	10.00	44:11	4:25	1	-	28	12:17