



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Finger, Jens

Club: SV EVB Erfurt

Number: 205

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 44:19

Speed: 13.54 km/h

Running performance: 4:26 min/km

Rank in course/Total: 30 (of 103)

Rank in course/Men: 29 (of 80)

Best time in course: 31:54

Rank in category: 5(of 8)

Best time in the category: 39:03

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	6:57	4:05	6	0:49	35	1:58	1.70	6:57	4:05	5	0:41	72	
Lap 2	2.34	10:20	4:24	5	1:10	32	2:54	4.04	17:17	4:16	5	1:51	61	
Lap 3	2.34	10:24	4:26	5	1:06	27	2:46	6.38	27:41	4:20	5	2:57	60	
Lap 4	2.34	10:40	4:33	5	1:19	28	3:04	8.72	38:21	4:23	5	4:16	71	
Last lap Finish	1.30	5:58	4:35	6	1:00	32	1:43	10.00	44:19	4:25	5	5:16	29	12:25