



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Gerngroß, Thomas

Club: ThSV 1886 Geschwenda

Number: 209

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 44:28

Speed: 13.49 km/h

Running performance: 4:27 min/km

Rank in course/Total: 31 (of 103)

Rank in course/Men: 30 (of 80)

Best time in course: 31:54

Rank in category: 6(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	6:44	3:57	6	0:41	29	1:45	1.70	6:44	3:57	6	0:41	61		
Lap 2	2.34	10:07	4:19	6	1:02	28	2:41	4.04	16:51	4:10	6	1:43	70		
Lap 3	2.34	10:50	4:37	7	1:27	31	3:12	6.38	27:41	4:20	6	3:10	60		
Lap 4	2.34	10:57	4:40	6	1:31	31	3:21	8.72	38:38	4:25	6	4:41	60		
Last lap Finish	1.30	5:50	4:29	6	0:40	30	1:35	10.00	44:28	4:26	6	5:21	30	12:34	