



# 24. Arnstädter Citylauf

Arnstadt / 26.04.2014

## Detailed evaluation

Grosser, Torsten

Club: EthikBank

Number: 210

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 44:41

Speed: 13.43 km/h

Running performance: 4:28 min/km

Rank in course/Total: 33 (of 103)

Rank in course/Men: 31 (of 80)

Best time in course: 31:54

Rank in category: 6(of 8)

Best time in the category: 39:03

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	6:33	3:51	5	0:25	23	1:34	1.70	6:33	3:51	6	0:17	69	
Lap 2	2.34	10:32	4:30	6	1:22	34	3:06	4.04	17:05	4:13	6	1:39	68	
Lap 3	2.34	10:58	4:41	6	1:40	32	3:20	6.38	28:03	4:23	6	3:19	68	
Lap 4	2.34	10:53	4:39	6	1:32	29	3:17	8.72	38:56	4:27	6	4:51	68	
Last lap Finish	1.30	5:45	4:25	5	0:47	26	1:30	10.00	44:41	4:28	6	5:38	31	12:47