



24. Arnstädter Citylauf  
Arnstadt / 26.04.2014

Detailed evaluation

Kneise, Wolfram

Club: Katholische Laufjugend Arnstadt  
Number: 227

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 45:03

Speed: 13.32 km/h  
Running performance: 4:30 min/km

Rank in course/Total: 35 (of 103)

Rank in course/Men: 33 (of 80)

Best time in course: 31:54

Rank in category: 5(of 10)

Best time in the category: 35:13

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	6:33	3:51	4	0:55	23	1:34	1.70	6:33	3:51	5	0:55	69	
Lap 2	2.34	10:32	4:30	5	2:26	34	3:06	4.04	17:05	4:13	5	3:21	68	
Lap 3	2.34	10:58	4:41	5	2:43	32	3:20	6.38	28:03	4:23	5	6:04	68	
Lap 4	2.34	10:53	4:39	5	2:23	29	3:17	8.72	38:56	4:27	5	8:27	68	
Last lap Finish	1.30	6:07	4:42	6	1:23	41	1:52	10.00	45:03	4:30	5	9:50	33	13:09