



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Voigt, Dominik

Club: Erfurt
Number: 281

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 44:56

Speed: 13.35 km/h
Running performance: 4:29 min/km

Rank in course/Total: 34 (of 103)

Rank in course/Men: 32 (of 80)

Best time in course: 31:54

Rank in category: 7(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	6:58	4:05	8	0:55	36	1:59	1.70	6:58	4:05	7	0:55	68	
Lap 2	2.34	10:26	4:27	7	1:21	33	3:00	4.04	17:24	4:18	7	2:16	67	
Lap 3	2.34	10:46	4:36	6	1:23	30	3:08	6.38	28:10	4:24	7	3:39	67	
Lap 4	2.34	10:57	4:40	6	1:31	31	3:21	8.72	39:07	4:29	7	5:10	67	
Last lap Finish	1.30	5:49	4:28	5	0:39	29	1:34	10.00	44:56	4:29	7	5:49	32	13:02