



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 | 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 | 6:58 | 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 | |