



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Senz, Stefan

Club: SV Ictershausen

Number: 306

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 46:08

Speed: 13.01 km/h

Running performance: 4:37 min/km

Rank in course/Total: 36 (of 103)

Rank in course/Men: 34 (of 80)

Best time in course: 31:54

Rank in category: 6(of 14)

Best time in the category: 31:54

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	5:53	3:27	5	0:54	6	0:54	1.70	5:53	3:27	7	0:54	56	
Lap 2	2.34	9:47	4:10	6	2:21	23	2:21	4.04	15:40	3:52	7	3:15	66	
Lap 3	2.34	11:00	4:42	6	3:22	34	3:22	6.38	26:40	4:10	6	6:37	66	
Lap 4	2.34	12:18	5:15	10	4:42	53	4:42	8.72	38:58	4:28	6	11:19	66	
Last lap Finish	1.30	7:10	5:30	10	2:55	62	2:55	10.00	46:08	4:36	6	14:14	34	14:14