



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Kohl, Veit

Club: PFC Ilmenau e.V.90
Number: 334

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 41:06

Speed: 14.60 km/h
Running performance: 04:07 min/km

Rank in course/Total: 8 (of 93)

Rank in course/Men: 8 (of 79)

Best time in course: 33:15

Rank in category: 2(of 12)

Best time in the category: 40:42

| Intermediate times | | | | Stage score | | | | Total ranking | | | | | | |
|--------------------|----------|------------|--------------|-------------|-------------|---------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| Control | 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 | 1.29 | 5:06 | 3:57 | 2 | 0:24 | 13 | 0:53 | 1.29 | 5:06 | 3:57 | 3 | | 47 | |
| Lap 2 | 2.08 | 8:22 | 4:01 | 2 | 0:10 | 11 | 3:56 | 3.37 | 13:28 | 3:59 | 3 | | 38 | |
| Lap 3 | 2.08 | 8:28 | 4:04 | 1 | - | 6 | 4:02 | 5.45 | 21:56 | 4:01 | 2 | 0:30 | 39 | |
| Lap 4 | 2.08 | 8:43 | 4:11 | 2 | 0:02 | 6 | 4:17 | 7.53 | 30:39 | 4:04 | 2 | 0:32 | 39 | |
| Lap 5 | 2.08 | 8:43 | 4:11 | 1 | - | 6 | 8:43 | 9.61 | 39:22 | 4:05 | 2 | 0:25 | 38 | |
| Last lap Finish | 0.41 | 1:44 | 4:13 | 1 | - | 10 | 0:15 | 10.00 | 41:06 | 4:06 | 2 | 0:24 | 8 | 7:51 |