



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Köhler, Jens

Club: LSV Lok Arnstadt

Number: 324

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 41:22

Speed: 14.50 km/h

Running performance: 04:08 min/km

Rank in course/Total: 10 (of 93)

Rank in course/Men: 10 (of 79)

Best time in course: 33:15

Rank in category: 1(of 9)

Best time in the category: 41:22

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	4:56	3:49	2	0:09	11	0:43	1.29	4:56	3:49	1	-	45	
Lap 2	2.08	8:28	4:04	2	0:21	13	4:02	3.37	13:24	3:58	1	-	46	
Lap 3	2.08	8:38	4:09	2	0:01	13	4:12	5.45	22:02	4:02	1	-	41	
Lap 4	2.08	8:47	4:13	1	-	8	4:21	7.53	30:49	4:05	1	-	41	
Lap 5	2.08	8:53	4:16	1	-	10	8:53	9.61	39:42	4:07	1	-	40	
Last lap Finish	0.41	1:40	4:03	1	-	6	0:11	10.00	41:22	4:08	1	-	10	8:07