



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Kohlstedt, Sören

Club: Erfurt
Number: 307

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 54:31

Speed: 11.01 km/h
Running performance: 5:27 min/km

Rank in course/Total: 85 (of 104)

Rank in course/Men: 72 (of 85)

Best time in course: 35:37

Rank in category: 11(of 14)

Best time in the category: 35:37

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	9:03	5:19	12	3:22	77	3:22	1.70	9:03	5:19	11	3:22	35	1:20	
Lap 2	2.34	13:14	5:39	12	4:47	77	4:47	4.04	22:17	5:30	11	8:09	35	2:53	
Lap 3	2.34	13:17	5:40	11	4:51	72	4:51	6.38	35:34	5:34	11	13:00	34	4:42	
Lap 4	2.34	13:01	5:33	12	4:34	72	4:34	8.72	48:35	5:34	11	17:34	34	6:40	
Last lap Finish	1.28	5:56	4:38	10	1:20	45	1:20	10.00	54:31	5:27	11	18:54	72	18:54	