



# 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         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               |                 | Total ranking |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|---------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat.   | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |