



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Kohl, Wigbert

Club: ASV Erfurt

Number: 154

Course: 5.00 km

5-km-Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 28:11

Speed: 10.64 km/h

Running performance: 5:38 min/km

Rank in course/Total: 36 (of 50)

Rank in course/Men: 25 (of 27)

Best time in course: 18:35

Rank in category: 1(of 1)

Best time in the category: 28:11

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	1.39	6:56	4:59	1	-	21	2:11	1.39	6:56	4:59	1	-	5	0:53
Lap 2	2.35	13:31	5:45	1	-	24	4:33	3.74	20:27	5:28	1	-	5	3:23
Last lap Finish	1.30	7:44	5:56	1	-	24	2:53	5.00	28:11	5:38	1	-	25	9:36