



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Kohl, Veit

Club: Flinke Gerateler

Number: 313

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 38:36

Speed: 15.54 km/h

Running performance: 3:52 min/km

Rank in course/Total: 9 (of 104)

Rank in course/Men: 9 (of 85)

Best time in course: 35:37

Rank in category: 1(of 12)

Best time in the category: 38:36

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	1.70	6:20	3:43	1	-	13	0:39	1.70	6:20	3:43	2	-	47	
Lap 2	2.34	9:08	3:54	1	-	10	0:41	4.04	15:28	3:49	2	-	56	
Lap 3	2.34	9:03	3:52	1	-	8	0:37	6.38	24:31	3:50	1	-	56	
Lap 4	2.34	9:07	3:53	1	-	7	0:40	8.72	33:38	3:51	1	-	56	
Last lap Finish	1.28	4:58	3:52	1	-	8	0:22	10.00	38:36	3:51	1	-	9	2:59