



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Köhler, Jens

Club: LSV Lok Arnstadt

Number: 333

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 41:13

Speed: 14.56 km/h

Running performance: 4:07 min/km

Rank in course/Total: 20 (of 104)

Rank in course/Men: 20 (of 85)

Best time in course: 35:37

Rank in category: 2(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	6:23	3:45	2	0:03	16	0:42	1.70	6:23	3:45	3			45	
Lap 2	2.34	9:41	4:08	2	0:33	19	1:14	4.04	16:04	3:58	3			45	
Lap 3	2.34	9:58	4:15	2	0:55	22	1:32	6.38	26:02	4:04	2	1:31		45	
Lap 4	2.34	9:57	4:15	2	0:50	22	1:30	8.72	35:59	4:07	2	2:21		45	
Last lap Finish	1.28	5:14	4:05	2	0:16	16	0:38	10.00	41:13	4:07	2	2:37		20	5:36