



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Köhler, Christoph

Club: Vehemare Ultras

Number: 236

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 47:18

Speed: 12.68 km/h

Running performance: 4:44 min/km

Rank in course/Total: 40 (of 103)

Rank in course/Men: 37 (of 80)

Best time in course: 31:54

Rank in category: 7(of 14)

Best time in the category: 31:54

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	7:12	4:14	8	2:13	41	2:13	1.70	7:12	4:14	8	2:13	20	
Lap 2	2.34	11:19	4:50	8	3:53	40	3:53	4.04	18:31	4:34	8	6:06	19	
Lap 3	2.34	11:23	4:51	7	3:45	37	3:45	6.38	29:54	4:41	7	9:51	20	
Lap 4	2.34	11:25	4:52	6	3:49	34	3:49	8.72	41:19	4:44	7	13:40	64	
Last lap Finish	1.30	5:59	4:36	6	1:44	33	1:44	10.00	47:18	4:43	7	15:24	37	15:24