



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Kohlstedt, Sören

Club: Physiotherapie am Kreuz GbR
Number: 229

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 49:45

Speed: 12.06 km/h
Running performance: 4:58 min/km

Rank in course/Total: 53 (of 103)

Rank in course/Men: 48 (of 80)

Best time in course: 31:54

Rank in category: 7(of 10)

Best time in the category: 35:13

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Lap 1	1.70	8:00	4:42	8	2:22	61	3:01	1.70	8:00	4:42	7	2:22	12	0:23
Lap 2	2.34	11:50	5:03	7	3:44	53	4:24	4.04	19:50	4:54	7	6:06	12	0:01
Lap 3	2.34	12:06	5:10	7	3:51	50	4:28	6.38	31:56	5:00	7	9:57	13	0:46
Lap 4	2.34	12:05	5:09	7	3:35	51	4:29	8.72	44:01	5:02	7	13:32	13	0:30
Last lap Finish	1.30	5:44	4:24	5	1:00	25	1:29	10.00	49:45	4:58	7	14:32	48	17:51