



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Köhler, Alexander

Club: Arnstadt

Number: 235

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 52:10

Speed: 11.50 km/h

Running performance: 5:13 min/km

Rank in course/Total: 68 (of 103)

Rank in course/Men: 60 (of 80)

Best time in course: 31:54

Rank in category: 12(of 13)

Best time in the category: 36:55

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	8:06	4:45	13	2:13	66	3:07	1.70	8:06	4:45	12	2:13	11	0:29
Lap 2	2.34	12:11	5:12	12	3:28	62	4:45	4.04	20:17	5:01	12	5:41	40	0:28
Lap 3	2.34	12:27	5:19	12	3:38	59	4:49	6.38	32:44	5:07	12	9:19	11	1:34
Lap 4	2.34	12:41	5:25	12	3:52	59	5:05	8.72	45:25	5:12	12	13:11	11	1:54
Last lap Finish	1.30	6:45	5:11	11	2:04	55	2:30	10.00	52:10	5:13	12	15:15	60	20:16