



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Koch, Christoph

Club: N3 Sportverein

Number: 272

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 1:00:48

Speed: 9.87 km/h

Running performance: 6:05 min/km

Rank in course/Total: 92 (of 103)

Rank in course/Men: 75 (of 80)

Best time in course: 31:54

Rank in category: 1(of 1)

Best time in the category: 1:00:48

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	9:39	5:40	1	-	79	4:40	1.70	9:39	5:40	1	-	25	2:02
Lap 2	2.34	14:06	6:01	1	-	76	6:40	4.04	23:45	5:52	1	-	25	3:56
Lap 3	2.34	14:22	6:08	1	-	74	6:44	6.38	38:07	5:58	1	-	25	6:57
Lap 4	2.34	14:34	6:13	1	-	73	6:58	8.72	52:41	6:02	1	-	25	9:10
Last lap Finish	1.30	8:07	6:14	1	-	73	3:52	10.00	1:00:48	6:04	1	-	76	28:54