



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Kohl, Veit

Club: Die flinken Gerataler

Number: 228

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 39:03

Speed: 15.36 km/h

Running performance: 3:54 min/km

Rank in course/Total: 7 (of 103)

Rank in course/Men: 7 (of 80)

Best time in course: 31:54

Rank in category: 1(of 8)

Best time in the category: 39:03

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	6:16	3:41	2	0:08	14	1:17	1.70	6:16	3:41	1	-	54		
Lap 2	2.34	9:10	3:55	1	-	9	1:44	4.04	15:26	3:49	1	-	54		
Lap 3	2.34	9:18	3:58	1	-	6	1:40	6.38	24:44	3:52	1	-	54		
Lap 4	2.34	9:21	3:59	1	-	7	1:45	8.72	34:05	3:54	1	-	54		
Last lap Finish	1.30	4:58	3:49	1	-	7	0:43	10.00	39:03	3:54	1	-	7	7:09	