



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Köhler, Thilo

Club: AN Bosserode

Number: 239

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 40:54

Speed: 14.67 km/h

Running performance: 4:05 min/km

Rank in course/Total: 14 (of 103)

Rank in course/Men: 14 (of 80)

Best time in course: 31:54

Rank in category: 4(of 10)

Best time in the category: 35:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.70	6:41	3:55	5	1:03	28	1:42	1.70	6:41	3:55	4	1:03	47	
Lap 2	2.34	9:24	4:01	3	1:18	11	1:58	4.04	16:05	3:58	4	2:21	47	
Lap 3	2.34	9:33	4:04	3	1:18	9	1:55	6.38	25:38	4:01	4	3:39	42	
Lap 4	2.34	9:49	4:11	3	1:19	13	2:13	8.72	35:27	4:03	4	4:58	47	
Last lap Finish	1.30	5:27	4:11	4	0:43	17	1:12	10.00	40:54	4:05	4	5:41	14	9:00