



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Köhler, Jens

Club: LSV Lok Arnstadt
Number: 237

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 41:12

Speed: 14.56 km/h
Running performance: 4:07 min/km

Rank in course/Total: 17 (of 103)

Rank in course/Men: 17 (of 80)

Best time in course: 31:54

Rank in category: 4(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	6:24	3:45	4	0:16	18	1:25	1.70	6:24	3:45	4	0:08	45	
Lap 2	2.34	9:31	4:04	3	0:21	15	2:05	4.04	15:55	3:56	4	0:29	45	
Lap 3	2.34	9:56	4:14	3	0:38	20	2:18	6.38	25:51	4:03	4	1:07	45	
Lap 4	2.34	10:01	4:16	4	0:40	17	2:25	8.72	35:52	4:06	4	1:47	45	
Last lap Finish	1.30	5:20	4:06	3	0:22	14	1:05	10.00	41:12	4:07	4	2:09	17	9:18