



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Kohl, Wigbert

Club: ASV Erfurt

Number: 143

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 30:08

Speed: 9.96 km/h

Running performance: 6:02 min/km

Rank in course/Total: 45 (of 58)

Rank in course/Men: 33 (of 39)

Best time in course: 17:32

Rank in category: 1(of 1)

Best time in the category: 30:08

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 | 1.38 | 7:26 | 5:23 | 1 | - | 35 | 2:46 | 1.38 | 7:26 | 5:23 | 1 | - | 35 | 2:46 |
| Lap 2 | 2.34 | 14:20 | 6:07 | 1 | - | 33 | 6:27 | 3.72 | 21:46 | 5:51 | 1 | - | 33 | 8:52 |
| Last lap Finish | 1.28 | 8:22 | 6:32 | 1 | - | 29 | 3:44 | 5.00 | 30:08 | 6:01 | 1 | - | 33 | 12:36 |