



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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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