



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Kohl, Veit

Club: Die flinken Gerataler

Number: 338

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 39:52

Speed: 15.05 km/h

Running performance: 3:59 min/km

Rank in course/Total: 13 (of 127)

Rank in course/Men: 13 (of 105)

Best time in course: 34:06

Rank in category: 2(of 13)

Best time in the category: 37:51

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	1.67	6:32	3:54	6	0:45	29	1:08	1.67	6:32	3:54	6	0:45	29	1:08
Lap 2	2.35	9:25	4:00	3	0:31	15	1:23	4.02	15:57	3:58	4	1:16	17	2:31
Lap 3	2.35	9:26	4:00	2	0:01	11	1:51	6.37	25:23	3:59	4	1:17	17	3:53
Lap 4	2.35	9:27	4:01	2	0:03	10	1:20	8.72	34:50	3:59	3	1:20	14	5:13
Last lap Finish	1.28	5:02	3:55	2	0:41	9	0:41	10.00	39:52	3:59	2	2:01	13	5:46