



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Köhler, Jens

Club: LSV Lok Arnstadt

Number: 339

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 42:57

Speed: 13.97 km/h

Running performance: 4:18 min/km

Rank in course/Total: 29 (of 127)

Rank in course/Men: 29 (of 105)

Best time in course: 34:06

Rank in category: 5(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		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	6:30	3:53	4	0:43	26	1:06	1.67	6:30	3:53	4	0:43	26	1:06	
Lap 2	2.35	10:02	4:16	5	1:08	29	2:00	4.02	16:32	4:06	5	1:51	30	3:06	
Lap 3	2.35	10:17	4:22	5	0:52	31	2:42	6.37	26:49	4:12	5	2:43	29	5:19	
Lap 4	2.35	10:28	4:27	6	1:04	34	2:21	8.72	37:17	4:16	5	3:47	29	7:40	
Last lap Finish	1.28	5:40	4:25	5	1:19	27	1:19	10.00	42:57	4:17	5	5:06	29	8:51	