



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Schalk, Udo

Club: Dream Team Ilmenau

Number: 320

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M50

Total time: 42:46

Speed: 14.03 km/h

Running performance: 4:17 min/km

Rank in course/Total: 48 (of 153)

Rank in course/Men: 47 (of 129)

Best time in course: 31:30

Rank in category: 3(of 9)

Best time in the category: 40:10

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	1.29	5:13	4:02	3	0:40	52	4:06	1.29	5:13	4:02	1	-	7	0:40
Lap 2	2,075.00	8:42	0:00	4	1:42	51	5:53	2,076.29	13:55	0:00	1	-	7	3:22
Lap 3	2,075.00	9:02	0:00	4	4:02	57	6:02	4,151.29	22:57	0:00	1	-	7	5:24
Lap 4	2,075.00	9:09	0:00	3	0:43	53	8:41	6,226.29	32:06	0:00	1	-	7	7:33
Lap 5	2,075.00	8:59	0:00	3	0:39	43	4:59	8,301.29	41:05	0:00	1	-	7	4:32
Last lap Finish	411.00	1:41	0:00	2	0:05	29	0:22	10.00	42:46	4:16	3	2:36	47	11:16