



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Keith, Pierre

Club: BKK Schwenninger

Number: 370

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 46:29

Speed: 12.91 km/h

Running performance: 4:39 min/km

Rank in course/Total: 82 (of 153)

Rank in course/Men: 80 (of 129)

Best time in course: 31:30

Rank in category: 29(of 32)

Best time in the category: 31:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Lap 1	1.29	5:12	4:01	19	1:19	48	4:05	1.29	5:12	4:01	5	1:05	24	0:39			
Lap 2	2,075.00	9:21	0:00	25	3:32	77	6:32	2,076.29	14:33	0:00	5	4:37	75	4:00			
Lap 3	2,075.00	10:01	0:00	29	5:40	94	7:01	4,151.29	24:34	0:00	5	10:17	94	7:01			
Lap 4	2,075.00	10:07	0:00	29	9:39	88	9:39	6,226.29	34:41	0:00	5	19:56	94	10:08			
Lap 5	2,075.00	10:08	0:00	29	3:38	88	6:08	8,301.29	44:49	0:00	5	20:04	92	8:16			
Last lap Finish	411.00	1:40	0:00	15	0:21	24	0:21	10.00	46:29	4:38	29	14:59	80	14:59			