



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Büchner, Dieter

Club: Gotha

Number: 416

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M50

Total time: 46:58

Speed: 12.78 km/h

Running performance: 4:42 min/km

Rank in course/Total: 87 (of 153)

Rank in course/Men: 83 (of 129)

Best time in course: 31:30

Rank in category: 5(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	5:35	4:19	5	1:02	78	4:28	1.29	5:35	4:19	6	0:22	75	1:02
Lap 2	2,075.00	9:29	0:00	5	2:29	83	6:40	2,076.29	15:04	0:00	6	1:09	95	4:31
Lap 3	2,075.00	9:47	0:00	6	4:47	83	6:47	4,151.29	24:51	0:00	6	1:54	95	7:18
Lap 4	2,075.00	10:01	0:00	5	1:35	84	9:33	6,226.29	34:52	0:00	6	2:46	95	10:19
Lap 5	2,075.00	10:02	0:00	5	1:42	84	6:02	8,301.29	44:54	0:00	6	3:49	93	8:21
Last lap Finish	411.00	2:04	0:00	5	0:28	83	0:45	10.00	46:58	4:41	5	6:48	83	15:28