



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

Hochsattel, H.-Jörg

Club: WSV 08 Ilmenau

Number: 431

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M50

Total time: 47:33

Speed: 12.62 km/h

Running performance: 4:46 min/km

Rank in course/Total: 91 (of 153)

Rank in course/Men: 86 (of 129)

Best time in course: 31:30

Rank in category: 6(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.	Pos Men	Behind Men	Total		Total		Total		Pos Men	Behind Men
								km	Time	min/km	Cat.	Cat.	Men		
Lap 1	1.29	5:58	4:37	7	1:25	95	4:51	1.29	5:58	4:37	7	0:45	28	1:25	
Lap 2	2,075.00	9:30	0:00	6	2:30	84	6:41	2,076.29	15:28	0:00	7	1:33	96	4:55	
Lap 3	2,075.00	9:48	0:00	7	4:48	84	6:48	4,151.29	25:16	0:00	7	2:19	96	7:43	
Lap 4	2,075.00	10:06	0:00	6	1:40	87	9:38	6,226.29	35:22	0:00	7	3:16	96	10:49	
Lap 5	2,075.00	10:06	0:00	6	1:46	87	6:06	8,301.29	45:28	0:00	7	4:23	94	8:55	
Last lap Finish	411.00	2:05	0:00	6	0:29	87	0:46	10.00	47:33	4:45	6	7:23	86	16:03	