



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

Hiller, Manfred

Club: Suhl

Number: 387

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M55

Total time: 48:07

Speed: 12.47 km/h

Running performance: 4:49 min/km

Rank in course/Total: 95 (of 153)

Rank in course/Men: 90 (of 129)

Best time in course: 31:30

Rank in category: 8(of 12)

Best time in the category: 38:34

### 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	5:47	4:28	6	1:07	86	4:40	1.29	5:47	4:28	8	1:06	93	1:14
Lap 2	2,075.00	9:40	0:00	6	1:50	91	6:51	2,076.29	15:27	0:00	8	2:56	97	4:54
Lap 3	2,075.00	9:57	0:00	6	1:51	88	6:57	4,151.29	25:24	0:00	8	4:47	97	7:51
Lap 4	2,075.00	10:13	0:00	7	2:07	92	9:45	6,226.29	35:37	0:00	8	6:54	97	11:04
Lap 5	2,075.00	10:21	0:00	8	2:12	91	6:21	8,301.29	45:58	0:00	8	9:06	95	9:25
Last lap Finish	411.00	2:09	0:00	8	0:28	98	0:50	10.00	48:07	4:48	8	9:33	90	16:37