



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Becker, Markus

Club: Arnstadt

Number: 406

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M45

Total time: 47:53

Speed: 12.53 km/h

Running performance: 4:47 min/km

Rank in course/Total: 92 (of 153)

Rank in course/Men: 87 (of 129)

Best time in course: 31:30

Rank in category: 15(of 18)

Best time in the category: 36:22

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	5:44	4:26	14	4:37	83	4:37	1.29	5:44	4:26	5	2:11	98	1:11
Lap 2	2,075.00	9:26	0:00	14	6:37	79	6:37	2,076.29	15:10	0:00	5	7:37	98	4:37
Lap 3	2,075.00	9:55	0:00	14	6:55	87	6:55	4,151.29	25:05	0:00	5	14:32	98	7:32
Lap 4	2,075.00	10:22	0:00	16	3:22	96	9:54	6,226.29	35:27	0:00	5	17:54	98	10:54
Lap 5	2,075.00	10:24	0:00	14	4:24	92	6:24	8,301.29	45:51	0:00	5	18:18	96	9:18
Last lap Finish	411.00	2:02	0:00	13	0:19	80	0:43	10.00	47:53	4:47	15	11:31	87	16:23