



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Hennig, Bernhard**

Club: SV Mihla

Number: 400

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M60

Total time: 47:58

Speed: 12.51 km/h

Running performance: 4:48 min/km

Rank in course/Total: 94 (of 153)

Rank in course/Men: 89 (of 129)

Best time in course: 31:30

Rank in category: 4(of 6)

Best time in the category: 40:43

### 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	5:49	4:30	4	1:21	89	4:42	1.29	5:49	4:30	4	0:16	35	1:16			
Lap 2	2,075.00	9:33	0:00	5	2:33	85	6:44	2,076.29	15:22	0:00	4	0:23	99	4:49			
Lap 3	2,075.00	9:58	0:00	5	1:57	91	6:58	4,151.29	25:20	0:00	4	0:45	99	7:47			
Lap 4	2,075.00	10:16	0:00	4	2:18	93	9:48	6,226.29	35:36	0:00	4	1:12	35	11:03			
Lap 5	2,075.00	10:16	0:00	5	5:16	89	6:16	8,301.29	45:52	0:00	4	1:36	97	9:19			
Last lap Finish	411.00	2:06	0:00	3	0:07	89	0:47	10.00	47:58	4:47	4	7:15	89	16:28			