



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Höpfner, Thomas

Club: RSV Ilmenau

Number: 358

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M55

Total time: 47:57

Speed: 12.51 km/h

Running performance: 4:48 min/km

Rank in course/Total: 93 (of 153)

Rank in course/Men: 88 (of 129)

Best time in course: 31:30

Rank in category: 7(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 ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	5:41	4:24	5	1:01	82	4:34	1.29	5:41	4:24	9	1:00	100	1:08
Lap 2	2,075.00	9:34	0:00	5	1:44	86	6:45	2,076.29	15:15	0:00	9	2:44	93	4:42
Lap 3	2,075.00	9:57	0:00	6	1:51	88	6:57	4,151.29	25:12	0:00	9	4:35	100	7:39
Lap 4	2,075.00	10:21	0:00	8	2:15	95	9:53	6,226.29	35:33	0:00	9	6:50	100	11:00
Lap 5	2,075.00	10:18	0:00	7	2:09	90	6:18	8,301.29	45:51	0:00	9	8:59	96	9:18
Last lap Finish	411.00	2:06	0:00	7	0:25	89	0:47	10.00	47:57	4:47	7	9:23	88	16:27