



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Ritze, Detlef

Club: Laufftreff Alteburg Arnstadt

Number: 412

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M60

Total time: 48:37

Speed: 12.34 km/h

Running performance: 4:52 min/km

Rank in course/Total: 96 (of 153)

Rank in course/Men: 91 (of 129)

Best time in course: 31:30

Rank in category: 5(of 6)

Best time in the category: 40:43

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	1.29	6:33	5:04	5	2:05	112	5:26	1.29	6:33	5:04	5	1:00	101	2:00
Lap 2	2,075.00	7:00	0:00	1	-	16	4:11	2,076.29	13:33	0:00	5		69	3:00
Lap 3	2,075.00	9:00	0:00	2	0:59	54	6:00	4,151.29	22:33	0:00	5		101	5:00
Lap 4	2,075.00	15:00	0:00	6	7:02	127	14:32	6,226.29	37:33	0:00	5	3:09	101	13:00
Lap 5	2,075.00	5:00	0:00	1	-	2	1:00	8,301.29	42:33	0:00	5		99	6:00
Last lap Finish	411.00	6:04	0:00	6	4:05	118	4:45	10.00	48:37	4:51	5	7:54	91	17:07