



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Wons, Roland

Club: Kleinpüschütz

Number: 319

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M35

Total time: 38:29

Speed: 15.59 km/h

Running performance: 3:51 min/km

Rank in course/Total: 22 (of 153)

Rank in course/Men: 22 (of 129)

Best time in course: 31:30

Rank in category: 4(of 9)

Best time in the category: 35:48

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.29	3:38	2:48	1	-	3	2:31	1.29	3:38	2:48	1	-	8	
Lap 2	2,075.00	8:53	0:00	5	1:29	57	6:04	2,076.29	12:31	0:00	1	-	8	1:58
Lap 3	2,075.00	8:04	0:00	3	0:34	26	5:04	4,151.29	20:35	0:00	1	-	8	3:02
Lap 4	2,075.00	8:08	0:00	2	0:39	25	7:40	6,226.29	28:43	0:00	1	-	8	4:10
Lap 5	2,075.00	8:06	0:00	2	0:36	20	4:06	8,301.29	36:49	0:00	1	-	8	0:16
Last lap Finish	411.00	1:40	0:00	4	0:08	24	0:21	10.00	38:29	3:50	4	2:41	22	6:59