



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Meier, René**

Club: 1. SV Dienstett-Hettstedt  
Number: 451

Course: 10.00 km  
Köstritzer Lauf

Category:  
Männer M45

Total time: 48:40

Speed: 12.33 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 97 (of 153)

Rank in course/Men: 92 (of 129)

Best time in course: 31:30

Rank in category: 16(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	5:58	4:37	15	4:51	95	4:51	1.29	5:58	4:37	4	2:25	28	1:25
Lap 2	2,075.00	9:50	0:00	15	7:01	93	7:01	2,076.29	15:48	0:00	4	8:15	102	5:15
Lap 3	2,075.00	10:06	0:00	15	7:06	97	7:06	4,151.29	25:54	0:00	4	15:21	102	8:21
Lap 4	2,075.00	10:17	0:00	15	3:17	94	9:49	6,226.29	36:11	0:00	4	18:38	102	11:38
Lap 5	2,075.00	10:25	0:00	15	4:25	93	6:25	8,301.29	46:36	0:00	4	19:03	100	10:03
Last lap Finish	411.00	2:04	0:00	14	0:21	83	0:45	10.00	48:40	4:51	16	12:18	92	17:10