



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Brodkorb, Thomas

Club: TSV Arnstadt 09

Number: 360

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 48:50

Speed: 12.29 km/h

Running performance: 4:53 min/km

Rank in course/Total: 99 (of 153)

Rank in course/Men: 94 (of 129)

Best time in course: 31:30

Rank in category: 30(of 32)

Best time in the category: 31:30

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	5:46	4:28	27	1:53	85	4:39	1.29	5:46	4:28	4	1:39	103	1:13
Lap 2	2,075.00	10:04	0:00	29	4:15	101	7:15	2,076.29	15:50	0:00	4	5:54	5	5:17
Lap 3	2,075.00	10:05	0:00	30	5:44	96	7:05	4,151.29	25:55	0:00	4	11:38	103	8:22
Lap 4	2,075.00	10:25	0:00	31	9:57	97	9:57	6,226.29	36:20	0:00	4	21:35	103	11:47
Lap 5	2,075.00	10:33	0:00	30	4:03	96	6:33	8,301.29	46:53	0:00	4	22:08	34	10:20
Last lap Finish	411.00	1:57	0:00	27	0:38	69	0:38	10.00	48:50	4:53	30	17:20	94	17:20