



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Schäge, Rico

Club: Arnstadt

Number: 437

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M35

Total time: 49:02

Speed: 12.24 km/h

Running performance: 4:54 min/km

Rank in course/Total: 100 (of 153)

Rank in course/Men: 95 (of 129)

Best time in course: 31:30

Rank in category: 9(of 9)

Best time in the category: 35:48

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	5:56	4:35	9	2:18	93	4:49	1.29	5:56	4:35	9	2:18	104	1:23
Lap 2	2,075.00	9:57	0:00	9	2:33	96	7:08	2,076.29	15:53	0:00	9	3:22	104	5:20
Lap 3	2,075.00	10:16	0:00	9	2:46	99	7:16	4,151.29	26:09	0:00	9	5:34	104	8:36
Lap 4	2,075.00	10:28	0:00	9	2:59	99	10:00	6,226.29	36:37	0:00	9	7:54	104	12:04
Lap 5	2,075.00	10:31	0:00	9	3:01	94	6:31	8,301.29	47:08	0:00	9	10:19	102	10:35
Last lap Finish	411.00	1:54	0:00	9	0:22	63	0:35	10.00	49:02	4:54	9	13:14	95	17:32