



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

### Freitag, Roman

Club: Katholische Laufjugend Arnstadt  
Number: 434

Course: 10.00 km  
Köstritzer Lauf

Category:  
Männer M20

Total time: 49:32

Speed: 12.11 km/h  
Running performance: 4:57 min/km

Rank in course/Total: 103 (of 153)

Rank in course/Men: 97 (of 129)

Best time in course: 31:30

Rank in category: 31(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	6:43	5:12	31	2:50	116	5:36	1.29	6:43	5:12	3	2:36	105	2:10
Lap 2	2,075.00	10:25	0:00	30	4:36	107	7:36	2,076.29	17:08	0:00	3	7:12	105	6:35
Lap 3	2,075.00	10:17	0:00	31	5:56	100	7:17	4,151.29	27:25	0:00	3	13:08	105	9:52
Lap 4	2,075.00	10:07	0:00	29	9:39	88	9:39	6,226.29	37:32	0:00	3	22:47	105	12:59
Lap 5	2,075.00	10:01	0:00	27	3:31	82	6:01	8,301.29	47:33	0:00	3	22:48	29	11:00
Last lap Finish	411.00	1:59	0:00	28	0:40	76	0:40	10.00	49:32	4:57	31	18:02	97	18:02