



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Graff, Mario

Club: Katholische Laufjugend Arnstadt
Number: 430

Course: 10.00 km
Köstritzer Lauf

Category:
Männer M30

Total time: 49:32

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

Rank in course/Total: 104 (of 153)

Rank in course/Men: 97 (of 129)

Best time in course: 31:30

Rank in category: 12(of 18)

Best time in the category: 33:15

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	6:44	5:13	16	2:36	117	5:37	1.29	6:44	5:13	3	1:29	106	2:11
Lap 2	2,075.00	10:24	0:00	15	3:27	106	7:35	2,076.29	17:08	0:00	7	2:50	105	6:35
Lap 3	2,075.00	10:17	0:00	13	3:19	100	7:17	4,151.29	27:25	0:00	7	3:59	105	9:52
Lap 4	2,075.00	10:07	0:00	11	3:15	88	9:39	6,226.29	37:32	0:00	7	4:46	105	12:59
Lap 5	2,075.00	10:01	0:00	11	3:09	82	6:01	8,301.29	47:33	0:00	7	5:43	29	11:00
Last lap Finish	411.00	1:59	0:00	13	0:31	76	0:40	10.00	49:32	4:57	12	16:17	97	18:02