



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Schlüter, Gerrit**

Club: TSV 09 Arnstadt

Number: 401

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M30

Total time: 49:53

Speed: 12.03 km/h

Running performance: 4:59 min/km

Rank in course/Total: 106 (of 153)

Rank in course/Men: 100 (of 129)

Best time in course: 31:30

Rank in category: 13(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	5:44	4:26	11	1:36	83	4:37	1.29	5:44	4:26	6	0:29	98	1:11
Lap 2	2,075.00	10:02	0:00	12	3:05	100	7:13	2,076.29	15:46	0:00	6	1:28	107	5:13
Lap 3	2,075.00	10:15	0:00	12	3:17	98	7:15	4,151.29	26:01	0:00	6	2:35	107	8:28
Lap 4	2,075.00	11:02	0:00	15	4:10	109	10:34	6,226.29	37:03	0:00	6	4:17	107	12:30
Lap 5	2,075.00	10:44	0:00	12	3:52	99	6:44	8,301.29	47:47	0:00	6	5:57	105	11:14
Last lap Finish	411.00	2:06	0:00	14	0:38	89	0:47	10.00	49:53	4:59	13	16:38	100	18:23