



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Lipfert, Kai-Uwe**

Club: Saalfelder LV

Number: 408

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M45

Total time: 50:12

Speed: 11.95 km/h

Running performance: 5:01 min/km

Rank in course/Total: 107 (of 153)

Rank in course/Men: 101 (of 129)

Best time in course: 31:30

Rank in category: 17(of 18)

Best time in the category: 36:22

### 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	6:14	4:49	17	5:07	107	5:07	1.29	6:14	4:49	3	2:41	108	1:41
Lap 2	2,075.00	10:21	0:00	16	7:32	105	7:32	2,076.29	16:35	0:00	3	9:02	108	6:02
Lap 3	2,075.00	10:28	0:00	16	7:28	106	7:28	4,151.29	27:03	0:00	3	16:30	108	9:30
Lap 4	2,075.00	10:38	0:00	18	3:38	102	10:10	6,226.29	37:41	0:00	3	20:08	108	13:08
Lap 5	2,075.00	10:32	0:00	16	4:32	95	6:32	8,301.29	48:13	0:00	3	20:40	106	11:40
Last lap Finish	411.00	1:59	0:00	12	0:16	76	0:40	10.00	50:12	5:01	17	13:50	101	18:42