



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Rainer, Hermann

Club: SV Thuringia Königsee

Number: 418

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M65

Total time: 50:20

Speed: 11.92 km/h

Running performance: 5:02 min/km

Rank in course/Total: 109 (of 153)

Rank in course/Men: 103 (of 129)

Best time in course: 31:30

Rank in category: 1(of 2)

Best time in the category: 50:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Stage score			Total ranking			
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	6:04	4:42	1	-	100	4:57	1.29	6:04	4:42	2	-	109	1:31
Lap 2	2,075.00	10:13	0:00	1	-	103	7:24	2,076.29	16:17	0:00	2	-	109	5:44
Lap 3	2,075.00	10:22	0:00	1	-	103	7:22	4,151.29	26:39	0:00	2	-	109	9:06
Lap 4	2,075.00	10:39	0:00	1	-	103	10:11	6,226.29	37:18	0:00	2	-	109	12:45
Lap 5	2,075.00	10:54	0:00	1	-	103	6:54	8,301.29	48:12	0:00	2	-	107	11:39
Last lap Finish	411.00	2:08	0:00	1	-	96	0:49	10.00	50:20	5:01	1	-	103	18:50