



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Herrmann, Michael

Club: sc impuls Erfurt

Number: 318

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M55

Total time: 38:34

Speed: 15.56 km/h

Running performance: 3:52 min/km

Rank in course/Total: 23 (of 153)

Rank in course/Men: 23 (of 129)

Best time in course: 31:30

Rank in category: 1(of 12)

Best time in the category: 38:34

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	Total km	Total Time				Pos Men	Behind Men
Lap 1	1.29	4:41	3:37	2	0:01	37	3:34	1.29	4:41	3:37	1	-	9	0:08
Lap 2	2,075.00	7:50	0:00	1	-	30	5:01	2,076.29	12:31	0:00	1	-	8	1:58
Lap 3	2,075.00	8:06	0:00	1	-	27	5:06	4,151.29	20:37	0:00	1	-	9	3:04
Lap 4	2,075.00	8:06	0:00	1	-	23	7:38	6,226.29	28:43	0:00	1	-	8	4:10
Lap 5	2,075.00	8:09	0:00	1	-	21	4:09	8,301.29	36:52	0:00	1	-	9	0:19
Last lap Finish	411.00	1:42	0:00	2	0:01	32	0:23	10.00	38:34	3:51	1	-	23	7:04