



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Kühn, Heiko**

Club: Arnstadt

Number: 454

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M40

Total time: 50:38

Speed: 11.85 km/h

Running performance: 5:04 min/km

Rank in course/Total: 112 (of 153)

Rank in course/Men: 104 (of 129)

Best time in course: 31:30

Rank in category: 9(of 11)

Best time in the category: 41:02

### 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	6:20	4:54	10	1:29	109	5:13	1.29	6:20	4:54	9	0:29	110	1:47
Lap 2	2,075.00	10:29	0:00	10	4:29	108	7:40	2,076.29	16:49	0:00	9	0:59	110	6:16
Lap 3	2,075.00	10:20	0:00	9	2:17	102	7:20	4,151.29	27:09	0:00	9	1:16	110	9:36
Lap 4	2,075.00	10:36	0:00	9	2:36	100	10:08	6,226.29	37:45	0:00	9	0:33	110	13:12
Lap 5	2,075.00	10:44	0:00	9	2:08	99	6:44	8,301.29	48:29	0:00	9		108	11:56
Last lap Finish	411.00	2:09	0:00	9	0:31	98	0:50	10.00	50:38	5:03	9	9:36	104	19:08