



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Rückert, Uwe

Club: Arnstadt

Number: 402

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M40

Total time: 50:52

Speed: 11.80 km/h

Running performance: 5:05 min/km

Rank in course/Total: 113 (of 153)

Rank in course/Men: 105 (of 129)

Best time in course: 31:30

Rank in category: 10(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 ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Lap 1	1.29	5:57	4:36	9	1:06	94	4:50	1.29	5:57	4:36	10	0:06	111	1:24
Lap 2	2,075.00	10:00	0:00	9	4:00	99	7:11	2,076.29	15:57	0:00	10	0:07	111	5:24
Lap 3	2,075.00	10:41	0:00	10	2:38	112	7:41	4,151.29	26:38	0:00	10	0:45	111	9:05
Lap 4	2,075.00	11:00	0:00	10	3:00	108	10:32	6,226.29	37:38	0:00	10	0:26	15	13:05
Lap 5	2,075.00	11:10	0:00	10	2:34	105	7:10	8,301.29	48:48	0:00	10		109	12:15
Last lap Finish	411.00	2:04	0:00	7	0:26	83	0:45	10.00	50:52	5:05	10	9:50	105	19:22