



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Ellerkamm, Jürgen

Club: SV Kyffhäuser

Number: 355

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M70

Total time: 51:29

Speed: 11.65 km/h

Running performance: 5:09 min/km

Rank in course/Total: 115 (of 153)

Rank in course/Men: 107 (of 129)

Best time in course: 31:30

Rank in category: 3(of 4)

Best time in the category: 44:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men				Pos Men	Behind Men		
Lap 1	1.29	6:29	5:01	4	1:56	111	5:22	1.29	6:29	5:01	4	1:56	112	1:56
Lap 2	2,075.00	10:32	0:00	4	4:32	111	7:43	2,076.29	17:01	0:00	4	6:28	112	6:28
Lap 3	2,075.00	10:37	0:00	4	3:37	110	7:37	4,151.29	27:38	0:00	4	10:05	112	10:05
Lap 4	2,075.00	10:44	0:00	4	3:44	105	10:16	6,226.29	38:22	0:00	4	13:49	112	13:49
Lap 5	2,075.00	10:51	0:00	3	1:06	102	6:51	8,301.29	49:13	0:00	4	12:40	110	12:40
Last lap Finish	411.00	2:16	0:00	2	0:10	101	0:57	10.00	51:29	5:08	3	7:11	107	19:59