



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Wahl, Immo

Club: Sportfreunde Thüringer Wald
Number: 436

Course: 10.00 km
Köstritzer Lauf

Category:
Männer M30

Total time: 51:35

Speed: 11.63 km/h
Running performance: 5:10 min/km

Rank in course/Total: 116 (of 153)

Rank in course/Men: 108 (of 129)

Best time in course: 31:30

Rank in category: 15(of 18)

Best time in the category: 33:15

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	6:21	4:55	15	2:13	110	5:14	1.29	6:21	4:55	5	1:06	113	1:48
Lap 2	2,075.00	10:49	0:00	16	3:52	114	8:00	2,076.29	17:10	0:00	5	2:52	113	6:37
Lap 3	2,075.00	10:40	0:00	16	3:42	111	7:40	4,151.29	27:50	0:00	5	4:24	113	10:17
Lap 4	2,075.00	10:40	0:00	13	3:48	104	10:12	6,226.29	38:30	0:00	5	5:44	113	13:57
Lap 5	2,075.00	11:12	0:00	14	4:20	106	7:12	8,301.29	49:42	0:00	4	7:52	111	13:09
Last lap Finish	411.00	1:53	0:00	10	0:25	59	0:34	10.00	51:35	5:09	15	18:20	108	20:05