



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Rückert, Jens

Club: Arnstadt

Number: 385

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M45

Total time: 51:38

Speed: 11.62 km/h

Running performance: 5:10 min/km

Rank in course/Total: 118 (of 153)

Rank in course/Men: 110 (of 129)

Best time in course: 31:30

Rank in category: 18(of 18)

Best time in the category: 36:22

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	6:40	5:10	18	5:33	113	5:33	1.29	6:40	5:10	2	3:07	114	2:07
Lap 2	2,075.00	10:33	0:00	17	7:44	112	7:44	2,076.29	17:13	0:00	2	9:40	114	6:40
Lap 3	2,075.00	10:36	0:00	17	7:36	109	7:36	4,151.29	27:49	0:00	2	17:16	114	10:16
Lap 4	2,075.00	10:27	0:00	17	3:27	98	9:59	6,226.29	38:16	0:00	2	20:43	114	13:43
Lap 5	2,075.00	11:25	0:00	17	5:25	111	7:25	8,301.29	49:41	0:00	2	22:08	112	13:08
Last lap Finish	411.00	1:57	0:00	8	0:14	69	0:38	10.00	51:38	5:09	18	15:16	110	20:08