



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Kaufmann, Dominique

Club: Arnstadt

Number: 372

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M30

Total time: 51:48

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 119 (of 153)

Rank in course/Men: 111 (of 129)

Best time in course: 31:30

Rank in category: 16(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	6:13	4:49	14	2:05	106	5:06	1.29	6:13	4:49	4	0:58	115	1:40
Lap 2	2,075.00	10:15	0:00	14	3:18	104	7:26	2,076.29	16:28	0:00	4	2:10	115	5:55
Lap 3	2,075.00	10:35	0:00	15	3:37	108	7:35	4,151.29	27:03	0:00	4	3:37	108	9:30
Lap 4	2,075.00	11:06	0:00	16	4:14	111	10:38	6,226.29	38:09	0:00	4	5:23	115	13:36
Lap 5	2,075.00	11:33	0:00	16	4:41	112	7:33	8,301.29	49:42	0:00	4	7:52	111	13:09
Last lap Finish	411.00	2:06	0:00	14	0:38	89	0:47	10.00	51:48	5:10	16	18:33	111	20:18