



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Dudek, Harald**

Club: LSV Lok Arnstadt

Number: 398

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M60

Total time: 52:13

Speed: 11.49 km/h

Running performance: 5:13 min/km

Rank in course/Total: 120 (of 153)

Rank in course/Men: 112 (of 129)

Best time in course: 31:30

Rank in category: 6(of 6)

Best time in the category: 40:43

### 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	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	6:42	5:11	6	2:14	114	5:35	1.29	6:42	5:11	6	1:09	116	2:09
Lap 2	2,075.00	10:31	0:00	6	3:31	109	7:42	2,076.29	17:13	0:00	6	2:14	114	6:40
Lap 3	2,075.00	10:28	0:00	6	2:27	106	7:28	4,151.29	27:41	0:00	6	3:06	116	10:08
Lap 4	2,075.00	10:50	0:00	5	2:52	106	10:22	6,226.29	38:31	0:00	6	4:07	116	13:58
Lap 5	2,075.00	11:24	0:00	6	6:24	110	7:24	8,301.29	49:55	0:00	6	5:39	114	13:22
Last lap Finish	411.00	2:18	0:00	4	0:19	102	0:59	10.00	52:13	5:13	6	11:30	112	20:43