



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Bloch, Patrick

Club: Traktor Rehestädt

Number: 359

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 52:42

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 121 (of 153)

Rank in course/Men: 113 (of 129)

Best time in course: 31:30

Rank in category: 32(of 32)

Best time in the category: 31:30

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	6:18	4:53	30	2:25	108	5:11	1.29	6:18	4:53	2	2:11	117	1:45
Lap 2	2,075.00	10:42	0:00	31	4:53	113	7:53	2,076.29	17:00	0:00	2	7:04	117	6:27
Lap 3	2,075.00	11:52	0:00	32	7:31	119	8:52	4,151.29	28:52	0:00	2	14:35	117	11:19
Lap 4	2,075.00	11:04	0:00	32	10:36	110	10:36	6,226.29	39:56	0:00	2	25:11	117	15:23
Lap 5	2,075.00	10:40	0:00	31	4:10	98	6:40	8,301.29	50:36	0:00	2	25:51	115	14:03
Last lap Finish	411.00	2:06	0:00	30	0:47	89	0:47	10.00	52:42	5:16	32	21:12	113	21:12