



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Pawlik, Mario

Club: Pawliks Lauffamily
Number: 317

Course: 10.00 km
Köstritzer Lauf

Category:
Männer M35

Total time: 38:08

Speed: 15.73 km/h
Running performance: 3:49 min/km

Rank in course/Total: 19 (of 153)

Rank in course/Men: 19 (of 129)

Best time in course: 31:30

Rank in category: 2(of 9)

Best time in the category: 35:48

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	4:28	3:27	4	0:50	22	3:21	1.29	4:28	3:27	2	0:50	10	
Lap 2	2,075.00	7:39	0:00	2	0:15	25	4:50	2,076.29	12:07	0:00	2		10	1:34
Lap 3	2,075.00	7:56	0:00	2	0:26	21	4:56	4,151.29	20:03	0:00	2		10	2:30
Lap 4	2,075.00	8:09	0:00	3	0:40	28	7:41	6,226.29	28:12	0:00	2		10	3:39
Lap 5	2,075.00	8:13	0:00	4	0:43	26	4:13	8,301.29	36:25	0:00	2		10	
Last lap Finish	411.00	1:43	0:00	6	0:11	34	0:24	10.00	38:08	3:48	2	2:20	19	6:38