



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Hantsche, Gerd

Club: USV Jena

Number: 354

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M55

Total time: 53:40

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 127 (of 153)

Rank in course/Men: 116 (of 129)

Best time in course: 31:30

Rank in category: 9(of 12)

Best time in the category: 38:34

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	6:02	4:40	9	1:22	98	4:55	1.29	6:02	4:40	10	1:21	90	1:29
Lap 2	2,075.00	11:05	0:00	10	3:15	116	8:16	2,076.29	17:07	0:00	10	4:36	118	6:34
Lap 3	2,075.00	11:12	0:00	10	3:06	116	8:12	4,151.29	28:19	0:00	10	7:42	118	10:46
Lap 4	2,075.00	11:38	0:00	9	3:32	115	11:10	6,226.29	39:57	0:00	10	11:14	118	15:24
Lap 5	2,075.00	11:22	0:00	9	3:13	109	7:22	8,301.29	51:19	0:00	10	14:27	116	14:46
Last lap Finish	411.00	2:21	0:00	10	0:40	103	1:02	10.00	53:40	5:21	9	15:06	116	22:10