



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Böttner, Roland**

Club: Karateverein Arnstadt

Number: 403

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M55

Total time: 54:09

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 130 (of 153)

Rank in course/Men: 117 (of 129)

Best time in course: 31:30

Rank in category: 10(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 ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Lap 1	1.29	6:42	5:11	10	2:02	114	5:35	1.29	6:42	5:11	11	2:01	116	2:09
Lap 2	2,075.00	10:31	0:00	9	2:41	109	7:42	2,076.29	17:13	0:00	11	4:42	114	6:40
Lap 3	2,075.00	10:43	0:00	9	2:37	114	7:43	4,151.29	27:56	0:00	11	7:19	119	10:23
Lap 4	2,075.00	11:49	0:00	10	3:43	116	11:21	6,226.29	39:45	0:00	11	11:02	119	15:12
Lap 5	2,075.00	12:09	0:00	10	4:00	116	8:09	8,301.29	51:54	0:00	11	15:02	117	15:21
Last lap Finish	411.00	2:15	0:00	9	0:34	100	0:56	10.00	54:09	5:24	10	15:35	117	22:39