



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Kupfer, Jörg

Club: Lauffreunde Gotha

Number: 316

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M45

Total time: 41:52

Speed: 14.33 km/h

Running performance: 4:11 min/km

Rank in course/Total: 42 (of 153)

Rank in course/Men: 42 (of 129)

Best time in course: 31:30

Rank in category: 7(of 18)

Best time in the category: 36:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Stage score			Total ranking			
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	5:16	4:04	9	4:09	58	4:09	1.29	5:16	4:04	17	1:43	11	0:43
Lap 2	2,075.00	8:28	0:00	6	5:39	44	5:39	2,076.29	13:44	0:00	17	6:11	11	3:11
Lap 3	2,075.00	8:37	0:00	5	5:37	39	5:37	4,151.29	22:21	0:00	17	11:48	11	4:48
Lap 4	2,075.00	8:42	0:00	6	1:42	40	8:14	6,226.29	31:03	0:00	17	13:30	11	6:30
Lap 5	2,075.00	8:52	0:00	5	2:52	39	4:52	8,301.29	39:55	0:00	16	12:22	11	3:22
Last lap Finish	411.00	1:57	0:00	8	0:14	69	0:38	10.00	41:52	4:11	7	5:30	42	10:22