



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Müller, Fredi

Club: Katholische Laufjugend Arnstadt
Number: 376

Course: 10.00 km
Köstritzer Lauf

Category:
Männer M30

Total time: 56:01

Speed: 10.71 km/h
Running performance: 5:36 min/km

Rank in course/Total: 138 (of 153)

Rank in course/Men: 119 (of 129)

Best time in course: 31:30

Rank in category: 17(of 18)

Best time in the category: 33:15

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	6:44	5:13	16	2:36	117	5:37	1.29	6:44	5:13	3	1:29	106	2:11
Lap 2	2,075.00	10:52	0:00	17	3:55	115	8:03	2,076.29	17:36	0:00	3	3:18	120	7:03
Lap 3	2,075.00	11:57	0:00	17	4:59	120	8:57	4,151.29	29:33	0:00	3	6:07	120	12:00
Lap 4	2,075.00	12:27	0:00	17	5:35	119	11:59	6,226.29	42:00	0:00	3	9:14	120	17:27
Lap 5	2,075.00	11:54	0:00	17	5:02	114	7:54	8,301.29	53:54	0:00	3	12:04	118	17:21
Last lap Finish	411.00	2:07	0:00	16	0:39	95	0:48	10.00	56:01	5:36	17	22:46	119	24:31