



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Wagner, Dieter

Club: SV Thuringia Königsee

Number: 353

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M50

Total time: 56:42

Speed: 10.58 km/h

Running performance: 5:40 min/km

Rank in course/Total: 139 (of 153)

Rank in course/Men: 120 (of 129)

Best time in course: 31:30

Rank in category: 9(of 9)

Best time in the category: 40:10

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	1.29	6:10	4:46	9	1:37	104	5:03	1.29	6:10	4:46	8	0:57	15	1:37
Lap 2	2,075.00	11:23	0:00	9	4:23	117	8:34	2,076.29	17:33	0:00	8	3:38	121	7:00
Lap 3	2,075.00	11:51	0:00	9	6:51	118	8:51	4,151.29	29:24	0:00	8	6:27	121	11:51
Lap 4	2,075.00	12:22	0:00	8	3:56	118	11:54	6,226.29	41:46	0:00	8	9:40	121	17:13
Lap 5	2,075.00	12:25	0:00	8	4:05	117	8:25	8,301.29	54:11	0:00	8	13:06	119	17:38
Last lap Finish	411.00	2:31	0:00	8	0:55	106	1:12	10.00	56:42	5:40	9	16:32	120	25:12