



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Winkler, Martin

Club: GM-Rennsteiglaufverein

Number: 422

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M75

Total time: 1:02:11

Speed: 9.65 km/h

Running performance: 6:13 min/km

Rank in course/Total: 144 (of 153)

Rank in course/Men: 122 (of 129)

Best time in course: 31:30

Rank in category: 2(of 5)

Best time in the category: 1:00:59

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	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	7:05	5:29	1	-	119	5:58	1.29	7:05	5:29	4		123	2:32
Lap 2	2,075.00	12:40	0:00	3	1:15	121	9:51	2,076.29	19:45	0:00	4		123	9:12
Lap 3	2,075.00	13:00	0:00	3	1:22	122	10:00	4,151.29	32:45	0:00	4		123	15:12
Lap 4	2,075.00	13:19	0:00	3	2:09	121	12:51	6,226.29	46:04	0:00	4		123	21:31
Lap 5	2,075.00	13:17	0:00	3	1:57	119	9:17	8,301.29	59:21	0:00	4		121	22:48
Last lap Finish	411.00	2:50	0:00	2	0:07	110	1:31	10.00	1:02:11	6:13	2	1:12	122	30:41