



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Zibbe, Günter

Club: LG Ohra Hörselgas

Number: 442

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M75

Total time: 1:04:22

Speed: 9.32 km/h

Running performance: 6:26 min/km

Rank in course/Total: 145 (of 153)

Rank in course/Men: 123 (of 129)

Best time in course: 31:30

Rank in category: 3(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	7:51	6:05	3	0:46	124	6:44	1.29	7:51	6:05	5		124	3:18
Lap 2	2,075.00	12:25	0:00	2	1:00	120	9:36	2,076.29	20:16	0:00	5		124	9:43
Lap 3	2,075.00	13:04	0:00	4	1:26	123	10:04	4,151.29	33:20	0:00	5		124	15:47
Lap 4	2,075.00	13:46	0:00	4	2:36	123	13:18	6,226.29	47:06	0:00	5		124	22:33
Lap 5	2,075.00	14:10	0:00	4	2:50	121	10:10	8,301.29	1:01:16	0:00	5		122	24:43
Last lap Finish	411.00	3:06	0:00	4	0:23	114	1:47	10.00	1:04:22	6:26	3	3:23	123	32:52