



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Schmidt, André

Club: Katholische Laufjugend Arnstadt
Number: 377

Course: 10.00 km
Köstritzer Lauf

Category:
Männer M30

Total time: 1:06:13

Speed: 9.06 km/h
Running performance: 6:37 min/km

Rank in course/Total: 147 (of 153)

Rank in course/Men: 125 (of 129)

Best time in course: 31:30

Rank in category: 18(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 ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Lap 1	1.29	8:30	6:35	18	4:22	127	7:23	1.29	8:30	6:35	2	3:15	125	3:57
Lap 2	2,075.00	13:52	0:00	18	6:55	124	11:03	2,076.29	22:22	0:00	2	8:04	125	11:49
Lap 3	2,075.00	13:10	0:00	18	6:12	124	10:10	4,151.29	35:32	0:00	2	12:06	125	17:59
Lap 4	2,075.00	13:37	0:00	18	6:45	122	13:09	6,226.29	49:09	0:00	2	16:23	125	24:36
Lap 5	2,075.00	14:28	0:00	18	7:36	123	10:28	8,301.29	1:03:37	0:00	2	21:47	123	27:04
Last lap Finish	411.00	2:36	0:00	18	1:08	107	1:17	10.00	1:06:13	6:37	18	32:58	125	34:43