



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Rose, Peter

Club: Angelroda

Number: 419

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M55

Total time: 1:11:59

Speed: 8.34 km/h

Running performance: 7:12 min/km

Rank in course/Total: 150 (of 153)

Rank in course/Men: 127 (of 129)

Best time in course: 31:30

Rank in category: 11(of 12)

Best time in the category: 38:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Lap 1	1.29	8:24	6:30	12	3:44	126	7:17	1.29	8:24	6:30	12	3:43	126	3:51				
Lap 2	2,075.00	14:36	0:00	12	6:46	127	11:47	2,076.29	23:00	0:00	12	10:29	126	12:27				
Lap 3	2,075.00	14:57	0:00	11	6:51	126	11:57	4,151.29	37:57	0:00	12	17:20	126	20:24				
Lap 4	2,075.00	14:46	0:00	11	6:40	126	14:18	6,226.29	52:43	0:00	12	24:00	126	28:10				
Lap 5	2,075.00	16:12	0:00	11	8:03	124	12:12	8,301.29	1:08:55	0:00	12	32:03	13	32:22				
Last lap Finish	411.00	3:04	0:00	11	1:23	112	1:45	10.00	1:11:59	7:11	11	33:25	127	40:29				