



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Bomberg, Dirk

Club: sc impuls erfurt

Number: 315

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M50

Total time: 42:08

Speed: 14.24 km/h

Running performance: 4:13 min/km

Rank in course/Total: 44 (of 153)

Rank in course/Men: 44 (of 129)

Best time in course: 31:30

Rank in category: 2(of 9)

Best time in the category: 40:10

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	5:21	4:08	4	0:48	60	4:14	1.29	5:21	4:08	2	0:08	3	0:48
Lap 2	2,075.00	8:32	0:00	3	1:32	46	5:43	2,076.29	13:53	0:00	2		12	3:20
Lap 3	2,075.00	8:38	0:00	3	3:38	41	5:38	4,151.29	22:31	0:00	2		12	4:58
Lap 4	2,075.00	8:50	0:00	2	0:24	42	8:22	6,226.29	31:21	0:00	2		12	6:48
Lap 5	2,075.00	8:55	0:00	2	0:35	42	4:55	8,301.29	40:16	0:00	2		12	3:43
Last lap Finish	411.00	1:52	0:00	3	0:16	56	0:33	10.00	42:08	4:12	2	1:58	44	10:38