



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Schulz, Martin

Club: LG Siegelbach

Number: 386

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M50

Total time: 53:34

Speed: 11.20 km/h

Running performance: 5:22 min/km

Rank in course/Total: 125 (of 153)

Rank in course/Men: 114 (of 129)

Best time in course: 31:30

Rank in category: 8(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.29	4:33	3:31	1	-	28	3:26	1.29	4:33	3:31	9		1	-
Lap 2	2,075.00	7:00	0:00	1	-	16	4:11	2,076.29	11:33	0:00	9		128	1:00
Lap 3	2,075.00	5:00	0:00	1	-	3	2:00	4,151.29	16:33	0:00	9		2	
Lap 4	2,075.00	14:00	0:00	9	5:34	125	13:32	6,226.29	30:33	0:00	9		128	6:00
Lap 5	2,075.00	17:00	0:00	9	8:40	127	13:00	8,301.29	47:33	0:00	4	6:28	29	11:00
Last lap Finish	411.00	6:01	0:00	9	4:25	117	4:42	10.00	53:34	5:21	8	13:24	114	22:04