



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Zimmermann, Uwe

Club: USV Jena

Number: 313

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M55

Total time: 1:13:24

Speed: 8.17 km/h

Running performance: 7:20 min/km

Rank in course/Total: 152 (of 153)

Rank in course/Men: 129 (of 129)

Best time in course: 31:30

Rank in category: 12(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.	Stage score		Total km	Total Time	Total min/km	Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men				Pos Men	Behind Men		
Lap 1	1.29	7:35	5:52	11	2:55	122	6:28	1.29	7:35	5:52	2	2:54	14	3:02
Lap 2	2,075.00	14:17	0:00	11	6:27	126	11:28	2,076.29	21:52	0:00	2	9:21	14	11:19
Lap 3	2,075.00	15:39	0:00	12	7:33	128	12:39	4,151.29	37:31	0:00	2	16:54	14	19:58
Lap 4	2,075.00	16:15	0:00	12	8:09	129	15:47	6,226.29	53:46	0:00	2	25:03	14	29:13
Lap 5	2,075.00	16:13	0:00	12	8:04	125	12:13	8,301.29	1:09:59	0:00	2	33:07	14	33:26
Last lap Finish	411.00	3:25	0:00	12	1:44	115	2:06	10.00	1:13:24	7:20	12	34:50	129	41:54