



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Fleischer, Stephan

Club: Katholische Laufjugend Arnstadt
Number: 323

Course: 10.00 km
Köstritzer Lauf

Category:
Männer M30

Total time: 51:16

Speed: 11.70 km/h
Running performance: 5:08 min/km

Rank in course/Total: 114 (of 153)

Rank in course/Men: 106 (of 129)

Best time in course: 31:30

Rank in category: 14(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	6:10	4:46	13	2:02	104	5:03	1.29	6:10	4:46	10	0:55	15	1:37
Lap 2	2,075.00	10:09	0:00	13	3:12	102	7:20	2,076.29	16:19	0:00	10	2:01	15	5:46
Lap 3	2,075.00	10:25	0:00	14	3:27	104	7:25	4,151.29	26:44	0:00	10	3:18	15	9:11
Lap 4	2,075.00	10:54	0:00	14	4:02	107	10:26	6,226.29	37:38	0:00	10	4:52	15	13:05
Lap 5	2,075.00	11:13	0:00	15	4:21	107	7:13	8,301.29	48:51	0:00	10	7:01	15	12:18
Last lap Finish	411.00	2:25	0:00	17	0:57	105	1:06	10.00	51:16	5:07	14	18:01	106	19:46