



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Fischer, André

Club: LSV Lok Arnstadt

Number: 312

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 34:22

Speed: 17.46 km/h

Running performance: 3:26 min/km

Rank in course/Total: 10 (of 153)

Rank in course/Men: 10 (of 129)

Best time in course: 31:30

Rank in category: 9(of 32)

Best time in the category: 31:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Stage score		Total ranking				
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	13:22	10:21	32	9:29	128	12:15	1.29	13:22	10:21	32	9:15	16	8:49
Lap 2	2,075.00	23:57:44	0:41	32	23:51:55	129	23:54:55	2,076.29	24:11:06	0:41	33	24:01:10	130	24:00:33
Lap 3	2,075.00	7:05	0:00	9	2:44	14	4:05	4,151.29	24:18:11	0:21	33	24:03:54	130	24:00:38
Lap 4	2,075.00	7:17	0:00	10	6:49	13	6:49	6,226.29	24:25:28	0:14	33	24:10:43	130	24:00:55
Lap 5	2,075.00	9:14:05	0:16	32	9:07:35	129	9:10:05	8,301.29	33:39:33	0:14	32	33:14:48	128	33:03:00
Last lap Finish	411.00	14:54:49	2:10	32	14:53:30	128	14:53:30	10.00	34:22	3:26	9	2:52	10	2:52