



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Mohr, Siegfried

Club: SV Hermsdorf

Number: 309

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M70

Total time: 55:25

Speed: 10.83 km/h

Running performance: 5:32 min/km

Rank in course/Total: 135 (of 153)

Rank in course/Men: 118 (of 129)

Best time in course: 31:30

Rank in category: 4(of 4)

Best time in the category: 44:18

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	4:33	3:31	1	-	28	3:26	1.29	4:33	3:31	1	-	1	-
Lap 2	2,075.00	6:00	0:00	1	-	5	3:11	2,076.29	10:33	0:00	1	-	1	-
Lap 3	2,075.00	7:00	0:00	1	-	12	4:00	4,151.29	17:33	0:00	1	-	1	-
Lap 4	2,075.00	7:00	0:00	1	-	9	6:32	6,226.29	24:33	0:00	1	-	1	-
Lap 5	2,075.00	12:00	0:00	4	2:15	115	8:00	8,301.29	36:33	0:00	1	-	1	-
Last lap Finish	411.00	18:52	0:02	4	16:46	127	17:33	10.00	55:25	5:32	4	11:07	118	23:55