



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Beck, Andreas

Club: LSV Lok Arnstadt

Number: 328

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M50

Total time: 46:26

Speed: 12.92 km/h

Running performance: 4:38 min/km

Rank in course/Total: 80 (of 153)

Rank in course/Men: 78 (of 129)

Best time in course: 31:30

Rank in category: 4(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	6:05	4:42	8	1:32	101	4:58	1.29	6:05	4:42	3	0:52	18	1:32
Lap 2	2,075.00	9:37	0:00	7	2:37	87	6:48	2,076.29	15:42	0:00	3	1:47	18	5:09
Lap 3	2,075.00	9:32	0:00	5	4:32	68	6:32	4,151.29	25:14	0:00	3	2:17	18	7:41
Lap 4	2,075.00	9:32	0:00	4	1:06	61	9:04	6,226.29	34:46	0:00	3	2:40	18	10:13
Lap 5	2,075.00	9:43	0:00	4	1:23	65	5:43	8,301.29	44:29	0:00	3	3:24	17	7:56
Last lap Finish	411.00	1:57	0:00	4	0:21	69	0:38	10.00	46:26	4:38	4	6:16	78	14:56