



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Fleischer, Heimbart

Club: Katholische Laufjugend Arnstadt
Number: 327

Course: 10.00 km
Köstritzer Lauf

Category:
Männer M55

Total time: 46:53

Speed: 12.80 km/h
Running performance: 4:41 min/km

Rank in course/Total: 85 (of 153)

Rank in course/Men: 82 (of 129)

Best time in course: 31:30

Rank in category: 5(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			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	5:50	4:31	8	1:10	91	4:43	1.29	5:50	4:31	3	1:09	19	1:17
Lap 2	2,075.00	9:44	0:00	7	1:54	92	6:55	2,076.29	15:34	0:00	3	3:03	19	5:01
Lap 3	2,075.00	9:41	0:00	5	1:35	77	6:41	4,151.29	25:15	0:00	3	4:38	19	7:42
Lap 4	2,075.00	9:40	0:00	5	1:34	67	9:12	6,226.29	34:55	0:00	3	6:12	19	10:22
Lap 5	2,075.00	10:02	0:00	6	1:53	84	6:02	8,301.29	44:57	0:00	3	8:05	18	8:24
Last lap Finish	411.00	1:56	0:00	5	0:15	68	0:37	10.00	46:53	4:41	5	8:19	82	15:23