



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Gloth-Pfaff, Andreas**

Club: Saalfelder LV

Number: 429

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M40

Total time: 49:07

Speed: 12.22 km/h

Running performance: 4:55 min/km

Rank in course/Total: 101 (of 153)

Rank in course/Men: 96 (of 129)

Best time in course: 31:30

Rank in category: 8(of 11)

Best time in the category: 41:02

### 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	7:33	5:51	11	2:42	121	6:26	1.29	7:33	5:51	11	1:42	129	3:00
Lap 2	2,075.00	6:00	0:00	1	-	5	3:11	2,076.29	13:33	0:00	11		69	3:00
Lap 3	2,075.00	11:00	0:00	11	2:57	115	8:00	4,151.29	24:33	0:00	11		87	7:00
Lap 4	2,075.00	8:00	0:00	1	-	20	7:32	6,226.29	32:33	0:00	11		127	8:00
Lap 5	2,075.00	9:00	0:00	3	0:24	44	5:00	8,301.29	41:33	0:00	11		127	5:00
Last lap Finish	411.00	7:34	0:01	11	5:56	121	6:15	10.00	49:07	4:54	8	8:05	96	17:37