



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Treßelt, Frank

Club: GMRLV Großbreitenbach

Number: 326

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M45

Total time: 45:27

Speed: 13.20 km/h

Running performance: 4:32 min/km

Rank in course/Total: 69 (of 153)

Rank in course/Men: 67 (of 129)

Best time in course: 31:30

Rank in category: 12(of 18)

Best time in the category: 36:22

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	5:39	4:22	13	4:32	81	4:32	1.29	5:39	4:22	16	2:06	20	1:06
Lap 2	2,075.00	9:14	0:00	11	6:25	71	6:25	2,076.29	14:53	0:00	16	7:20	20	4:20
Lap 3	2,075.00	9:31	0:00	12	6:31	67	6:31	4,151.29	24:24	0:00	16	13:51	20	6:51
Lap 4	2,075.00	9:35	0:00	12	2:35	62	9:07	6,226.29	33:59	0:00	16	16:26	20	9:26
Lap 5	2,075.00	9:35	0:00	11	3:35	64	5:35	8,301.29	43:34	0:00	15	16:01	19	7:01
Last lap Finish	411.00	1:53	0:00	6	0:10	59	0:34	10.00	45:27	4:32	12	9:05	67	13:57