



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Grunwald, Maxe

Club: Katholische Laufjugend Arnstadt
Number: 325

Course: 10.00 km
Köstritzer Lauf

Category:
Männer M30

Total time: 45:16

Speed: 13.25 km/h
Running performance: 4:32 min/km

Rank in course/Total: 67 (of 153)

Rank in course/Men: 65 (of 129)

Best time in course: 31:30

Rank in category: 8(of 18)

Best time in the category: 33:15

Intermediate times					Stage score				Total ranking					
Control	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	5:24	4:11	8	1:16	67	4:17	1.29	5:24	4:11	18	0:09	21	0:51
Lap 2	2,075.00	8:56	0:00	7	1:59	62	6:07	2,076.29	14:20	0:00	18	0:02	21	3:47
Lap 3	2,075.00	9:34	0:00	8	2:36	72	6:34	4,151.29	23:54	0:00	18	0:28	21	6:21
Lap 4	2,075.00	9:47	0:00	8	2:55	74	9:19	6,226.29	33:41	0:00	18	0:55	21	9:08
Lap 5	2,075.00	9:50	0:00	9	2:58	74	5:50	8,301.29	43:31	0:00	18	1:41	20	6:58
Last lap Finish	411.00	1:45	0:00	7	0:17	41	0:26	10.00	45:16	4:31	8	12:01	65	13:46