



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

### Kneise, Wolfram

Club: Katholische Laufjugend Arnstadt  
Number: 324

Course: 10.00 km  
Köstritzer Lauf

Category:  
Männer M20

Total time: 42:32

Speed: 14.11 km/h  
Running performance: 4:15 min/km

Rank in course/Total: 46 (of 153)

Rank in course/Men: 45 (of 129)

Best time in course: 31:30

Rank in category: 19(of 32)

Best time in the category: 31:30

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.29	5:14	4:03	20	1:21	56	4:07	1.29	5:14	4:03	31	1:07	22	0:41
Lap 2	2,075.00	8:43	0:00	18	2:54	52	5:54	2,076.29	13:57	0:00	31	4:01	22	3:24
Lap 3	2,075.00	8:53	0:00	17	4:32	46	5:53	4,151.29	22:50	0:00	31	8:33	22	5:17
Lap 4	2,075.00	9:04	0:00	19	8:36	48	8:36	6,226.29	31:54	0:00	31	17:09	22	7:21
Lap 5	2,075.00	9:05	0:00	17	2:35	49	5:05	8,301.29	40:59	0:00	31	16:14	21	4:26
Last lap Finish	411.00	1:33	0:00	10	0:14	13	0:14	10.00	42:32	4:15	19	11:02	45	11:02