



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Dehmel, Gerhard

Club: ThWV Ilmenau

Number: 322

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M70

Total time: 50:18

Speed: 11.93 km/h

Running performance: 5:02 min/km

Rank in course/Total: 108 (of 153)

Rank in course/Men: 102 (of 129)

Best time in course: 31:30

Rank in category: 2(of 4)

Best time in the category: 44:18

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	5:24	4:11	3	0:51	67	4:17	1.29	5:24	4:11	2	0:51	21	0:51
Lap 2	2,075.00	8:56	0:00	3	2:56	62	6:07	2,076.29	14:20	0:00	2	3:47	21	3:47
Lap 3	2,075.00	9:34	0:00	3	2:34	72	6:34	4,151.29	23:54	0:00	2	6:21	21	6:21
Lap 4	2,075.00	9:47	0:00	3	2:47	74	9:19	6,226.29	33:41	0:00	2	9:08	21	9:08
Lap 5	2,075.00	9:50	0:00	2	0:05	74	5:50	8,301.29	43:31	0:00	2	6:58	20	6:58
Last lap Finish	411.00	6:47	0:00	3	4:41	120	5:28	10.00	50:18	5:01	2	6:00	102	18:48