



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Finger, Jens

Club: Katholische Laufjugend Arnstadt
Number: 321

Course: 10.00 km
Köstritzer Lauf

Category:
Männer M40

Total time: 44:36

Speed: 13.45 km/h
Running performance: 4:28 min/km

Rank in course/Total: 62 (of 153)

Rank in course/Men: 61 (of 129)

Best time in course: 31:30

Rank in category: 4(of 11)

Best time in the category: 41:02

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	5:12	4:01	4	0:21	48	4:05	1.29	5:12	4:01	2		24	0:39
Lap 2	2,075.00	8:56	0:00	5	2:56	62	6:07	2,076.29	14:08	0:00	2		24	3:35
Lap 3	2,075.00	9:15	0:00	5	1:12	64	6:15	4,151.29	23:23	0:00	2		24	5:50
Lap 4	2,075.00	9:37	0:00	5	1:37	63	9:09	6,226.29	33:00	0:00	2		24	8:27
Lap 5	2,075.00	9:34	0:00	5	0:58	62	5:34	8,301.29	42:34	0:00	2		23	6:01
Last lap Finish	411.00	2:02	0:00	6	0:24	80	0:43	10.00	44:36	4:27	4	3:34	61	13:06