



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Roubitschek, Silvio

Club: SV Hermsdorf

Number: 307

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M45

Total time: 39:57

Speed: 15.02 km/h

Running performance: 4:00 min/km

Rank in course/Total: 30 (of 153)

Rank in course/Men: 30 (of 129)

Best time in course: 31:30

Rank in category: 2(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	4:33	3:31	4	3:26	28	3:26	1.29	4:33	3:31	10	1:00	1	-
Lap 2	2,075.00	5:00	0:00	3	2:11	3	2:11	2,076.29	9:33	0:00	10	2:00	2	
Lap 3	2,075.00	7:00	0:00	2	4:00	12	4:00	4,151.29	16:33	0:00	10	6:00	2	
Lap 4	2,075.00	8:00	0:00	3	1:00	20	7:32	6,226.29	24:33	0:00	10	7:00	1	-
Lap 5	2,075.00	6:00	0:00	1	-	3	2:00	8,301.29	30:33	0:00	10	3:00	2	
Last lap Finish	411.00	9:24	0:01	15	7:41	122	8:05	10.00	39:57	3:59	2	3:35	30	8:27