



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 |