



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Beckmann, Reiner

Club: LSV Lok Arnstadt

Number: 338

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 44:13

Speed: 13.57 km/h

Running performance: 4:25 min/km

Rank in course/Total: 60 (of 153)

Rank in course/Men: 59 (of 129)

Best time in course: 31:30

Rank in category: 23(of 32)

Best time in the category: 31:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	5:24	4:11	25	1:31	67	4:17	1.29	5:24	4:11	30	1:17	21	0:51
Lap 2	2,075.00	8:53	0:00	21	3:04	57	6:04	2,076.29	14:17	0:00	12	4:21	25	3:44
Lap 3	2,075.00	9:06	0:00	24	4:45	61	6:06	4,151.29	23:23	0:00	30	9:06	24	5:50
Lap 4	2,075.00	9:42	0:00	24	9:14	69	9:14	6,226.29	33:05	0:00	30	18:20	25	8:32
Lap 5	2,075.00	9:21	0:00	20	2:51	56	5:21	8,301.29	42:26	0:00	30	17:41	24	5:53
Last lap Finish	411.00	1:47	0:00	22	0:28	51	0:28	10.00	44:13	4:25	23	12:43	59	12:43