



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Raab, Mathias

Club: Laufftreff Plaue

Number: 337

Course: 10.00 km

Köstritzer Lauf

Category:

männliche Jugend A

Total time: 51:37

Speed: 11.62 km/h

Running performance: 5:10 min/km

Rank in course/Total: 117 (of 153)

Rank in course/Men: 109 (of 129)

Best time in course: 31:30

Rank in category: 2(of 2)

Best time in the category: 42:54

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	6:05	4:42	2	1:32	101	4:58	1.29	6:05	4:42	1	-	18	1:32
Lap 2	2,075.00	9:37	0:00	2	3:37	87	6:48	2,076.29	15:42	0:00	1	-	18	5:09
Lap 3	2,075.00	10:42	0:00	2	0:42	113	7:42	4,151.29	26:24	0:00	1	-	26	8:51
Lap 4	2,075.00	11:07	0:00	1	-	112	10:39	6,226.29	37:31	0:00	1	-	26	12:58
Lap 5	2,075.00	11:45	0:00	2	7:45	113	7:45	8,301.29	49:16	0:00	1	-	25	12:43
Last lap Finish	411.00	2:21	0:00	1	-	103	1:02	10.00	51:37	5:09	2	8:43	109	20:07