



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Seever, Thorsten

Club: SG Motor Arnstadt

Number: 336

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M40

Total time: 47:09

Speed: 12.73 km/h

Running performance: 4:43 min/km

Rank in course/Total: 88 (of 153)

Rank in course/Men: 84 (of 129)

Best time in course: 31:30

Rank in category: 7(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Lap 1	1.29	5:18	4:06	5	0:27	59	4:11	1.29	5:18	4:06	3		27	0:45			
Lap 2	2,075.00	11:29	0:00	11	5:29	119	8:40	2,076.29	16:47	0:00	3	0:57	27	6:14			
Lap 3	2,075.00	8:03	0:00	1	-	25	5:03	4,151.29	24:50	0:00	3		27	7:17			
Lap 4	2,075.00	9:59	0:00	7	1:59	80	9:31	6,226.29	34:49	0:00	3		27	10:16			
Lap 5	2,075.00	10:35	0:00	8	1:59	97	6:35	8,301.29	45:24	0:00	3		26	8:51			
Last lap Finish	411.00	1:45	0:00	3	0:07	41	0:26	10.00	47:09	4:42	7	6:07	84	15:39			