



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Walther, Ralph

Club: USV Jena

Number: 335

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M45

Total time: 45:14

Speed: 13.26 km/h

Running performance: 4:31 min/km

Rank in course/Total: 66 (of 153)

Rank in course/Men: 64 (of 129)

Best time in course: 31:30

Rank in category: 11(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 ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Lap 1	1.29	5:58	4:37	15	4:51	95	4:51	1.29	5:58	4:37	4	2:25	28	1:25
Lap 2	2,075.00	9:16	0:00	13	6:27	73	6:27	2,076.29	15:14	0:00	15	7:41	28	4:41
Lap 3	2,075.00	9:15	0:00	11	6:15	64	6:15	4,151.29	24:29	0:00	15	13:56	28	6:56
Lap 4	2,075.00	9:17	0:00	10	2:17	56	8:49	6,226.29	33:46	0:00	15	16:13	28	9:13
Lap 5	2,075.00	9:30	0:00	9	3:30	60	5:30	8,301.29	43:16	0:00	14	15:43	27	6:43
Last lap Finish	411.00	1:58	0:00	11	0:15	75	0:39	10.00	45:14	4:31	11	8:52	64	13:44