



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Kaufmann, André

Club: TSV Germania 1887 Neustadt e.V.

Number: 333

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M45

Total time: 45:33

Speed: 13.17 km/h

Running performance: 4:34 min/km

Rank in course/Total: 71 (of 153)

Rank in course/Men: 69 (of 129)

Best time in course: 31:30

Rank in category: 13(of 18)

Best time in the category: 36:22

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.29	5:33	4:18	11	4:26	75	4:26	1.29	5:33	4:18	6	2:00	6	1:00
Lap 2	2,075.00	1:09:11	0:02	18	1:06:22	128	1:06:22	2,076.29	1:14:44	0:02	14	1:07:11	29	1:04:11
Lap 3	2,075.00	23:09:26	0:40	18	23:06:26	129	23:06:26	4,151.29	24:24:10	0:21	19	24:13:37	130	24:06:37
Lap 4	2,075.00	9:41	0:00	13	2:41	68	9:13	6,226.29	24:33:51	0:14	19	24:16:18	130	24:09:18
Lap 5	2,075.00	9:05:42	0:15	18	8:59:42	128	9:01:42	8,301.29	33:39:33	0:14	18	33:12:00	128	33:03:00
Last lap Finish	411.00	15:06:00	2:12	18	15:04:17	129	15:04:41	10.00	45:33	4:33	13	9:11	69	14:03