



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Moldenhauer, Frank

Club: Ilmenau

Number: 342

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M50

Total time: 49:41

Speed: 12.08 km/h

Running performance: 4:58 min/km

Rank in course/Total: 105 (of 153)

Rank in course/Men: 99 (of 129)

Best time in course: 31:30

Rank in category: 7(of 9)

Best time in the category: 40:10

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	5:48	4:29	6	1:15	88	4:41	1.29	5:48	4:29	4	0:35	31	1:15			
Lap 2	2,075.00	9:59	0:00	8	2:59	97	7:10	2,076.29	15:47	0:00	4	1:52	31	5:14			
Lap 3	2,075.00	10:25	0:00	8	5:25	104	7:25	4,151.29	26:12	0:00	4	3:15	31	8:39			
Lap 4	2,075.00	10:37	0:00	7	2:11	101	10:09	6,226.29	36:49	0:00	4	4:43	31	12:16			
Lap 5	2,075.00	10:44	0:00	7	2:24	99	6:44	8,301.29	47:33	0:00	4	6:28	29	11:00			
Last lap Finish	411.00	2:08	0:00	7	0:32	96	0:49	10.00	49:41	4:58	7	9:31	99	18:11			