



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

wahl, martin

Club: wsv oberhof
Number: 331

Course: 10.00 km
Köstritzer Lauf

Category:
Männer M60

Total time: 40:43

Speed: 14.74 km/h
Running performance: 4:04 min/km

Rank in course/Total: 35 (of 153)

Rank in course/Men: 35 (of 129)

Best time in course: 31:30

Rank in category: 1(of 6)

Best time in the category: 40:43

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	
						Pos Men	Behind Men	km	Time			Pos Men	Behind Men
Lap 1	1.29	4:28	3:27	1	-	22	3:21	1.29	4:28	3:27	2		10
Lap 2	2,075.00	7:24	0:00	2	0:24	22	4:35	2,076.29	11:52	0:00	2		32 1:19
Lap 3	2,075.00	8:01	0:00	1	-	23	5:01	4,151.29	19:53	0:00	2		32 2:20
Lap 4	2,075.00	7:58	0:00	1	-	18	7:30	6,226.29	27:51	0:00	2		32 3:18
Lap 5	2,075.00	8:11	0:00	2	3:11	24	4:11	8,301.29	36:02	0:00	2		30
Last lap Finish	411.00	4:41	0:00	5	2:42	116	3:22	10.00	40:43	4:04	1	-	35 9:13