



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Henkel, Tobias**

Club: SV Thuringia Königsee

Number: 350

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 40:27

Speed: 14.83 km/h

Running performance: 4:02 min/km

Rank in course/Total: 33 (of 153)

Rank in course/Men: 33 (of 129)

Best time in course: 31:30

Rank in category: 17(of 32)

Best time in the category: 31:30

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total    |       | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|----------|-------|-----------------|-------------|----------------|---------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km       | Time  |                 |             |                | Pos<br>Men    | Behind<br>Men |
| Lap 1           | 1.29        | 4:36          | 3:33            | 15          | 0:43           | 32          | 3:29          | 1.29     | 4:36  | 3:33            | 15          | 0:29           | 33            | 0:03          |
| Lap 2           | 2,075.00    | 8:03          | 0:00            | 16          | 2:14           | 37          | 5:14          | 2,076.29 | 12:39 | 0:00            | 29          | 2:43           | 33            | 2:06          |
| Lap 3           | 2,075.00    | 8:56          | 0:00            | 19          | 4:35           | 49          | 5:56          | 4,151.29 | 21:35 | 0:00            | 29          | 7:18           | 33            | 4:02          |
| Lap 4           | 2,075.00    | 8:34          | 0:00            | 17          | 8:06           | 38          | 8:06          | 6,226.29 | 30:09 | 0:00            | 29          | 15:24          | 4             | 5:36          |
| Lap 5           | 2,075.00    | 8:23          | 0:00            | 14          | 1:53           | 29          | 4:23          | 8,301.29 | 38:32 | 0:00            | 29          | 13:47          | 31            | 1:59          |
| Last lap Finish | 411.00      | 1:55          | 0:00            | 26          | 0:36           | 65          | 0:36          | 10.00    | 40:27 | 4:02            | 17          | 8:57           | 33            | 8:57          |