



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind 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