



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Hofmann, Mario

Club: TSV 1880 Elgersburg

Number: 347

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M40

Total time: 41:31

Speed: 14.45 km/h

Running performance: 4:09 min/km

Rank in course/Total: 38 (of 153)

Rank in course/Men: 38 (of 129)

Best time in course: 31:30

Rank in category: 2(of 11)

Best time in the category: 41:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men				Pos Men	Behind Men		
Lap 1	1.29	4:51	3:45	1	-	38	3:44	1.29	4:51	3:45	4		34	0:18
Lap 2	2,075.00	8:17	0:00	2	2:17	39	5:28	2,076.29	13:08	0:00	4		34	2:35
Lap 3	2,075.00	8:50	0:00	4	0:47	45	5:50	4,151.29	21:58	0:00	4		34	4:25
Lap 4	2,075.00	8:54	0:00	4	0:54	46	8:26	6,226.29	30:52	0:00	4		34	6:19
Lap 5	2,075.00	8:49	0:00	2	0:13	38	4:49	8,301.29	39:41	0:00	4		32	3:08
Last lap Finish	411.00	1:50	0:00	5	0:12	54	0:31	10.00	41:31	4:09	2	0:29	38	10:01