



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Hahnemann, Norbert**

Club: SG Motor Arnstadt

Number: 346

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M55

Total time: 47:20

Speed: 12.68 km/h

Running performance: 4:44 min/km

Rank in course/Total: 89 (of 153)

Rank in course/Men: 85 (of 129)

Best time in course: 31:30

Rank in category: 6(of 12)

Best time in the category: 38:34

### 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	5:49	4:30	7	1:09	89	4:42	1.29	5:49	4:30	4	1:08	35	1:16
Lap 2	2,075.00	9:51	0:00	8	2:01	94	7:02	2,076.29	15:40	0:00	4	3:09	35	5:07
Lap 3	2,075.00	9:57	0:00	6	1:51	88	6:57	4,151.29	25:37	0:00	4	5:00	35	8:04
Lap 4	2,075.00	9:59	0:00	6	1:53	80	9:31	6,226.29	35:36	0:00	4	6:53	35	11:03
Lap 5	2,075.00	9:47	0:00	5	1:38	69	5:47	8,301.29	45:23	0:00	4	8:31	33	8:50
Last lap Finish	411.00	1:57	0:00	6	0:16	69	0:38	10.00	47:20	4:44	6	8:46	85	15:50