



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Freyer, Marcus

Club: Katholische Laufjugend Arnstadt
Number: 345

Course: 10.00 km
Köstritzer Lauf

Category:
Männer M30

Total time: 48:45

Speed: 12.31 km/h
Running performance: 4:53 min/km

Rank in course/Total: 98 (of 153)

Rank in course/Men: 93 (of 129)

Best time in course: 31:30

Rank in category: 11(of 18)

Best time in the category: 33:15

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.29	6:09	4:46	12	2:01	103	5:02	1.29	6:09	4:46	17	0:54	36	1:36
Lap 2	2,075.00	9:53	0:00	11	2:56	95	7:04	2,076.29	16:02	0:00	17	1:44	36	5:29
Lap 3	2,075.00	9:45	0:00	11	2:47	82	6:45	4,151.29	25:47	0:00	17	2:21	36	8:14
Lap 4	2,075.00	10:10	0:00	12	3:18	91	9:42	6,226.29	35:57	0:00	17	3:11	36	11:24
Lap 5	2,075.00	10:56	0:00	13	4:04	104	6:56	8,301.29	46:53	0:00	17	5:03	34	10:20
Last lap Finish	411.00	1:52	0:00	9	0:24	56	0:33	10.00	48:45	4:52	11	15:30	93	17:15