



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

Letsch, Patrick

Club: ASV Erfurt

Number: 344

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 33:29

Speed: 17.92 km/h

Running performance: 3:21 min/km

Rank in course/Total: 8 (of 153)

Rank in course/Men: 8 (of 129)

Best time in course: 31:30

Rank in category: 7(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	4:07	3:11	5	0:14	8	3:00	1.29	4:07	3:11	1	-	37	
Lap 2	2,075.00	6:59	0:00	8	1:10	15	4:10	2,076.29	11:06	0:00	28	1:10	16	0:33
Lap 3	2,075.00	6:59	0:00	8	2:38	11	3:59	4,151.29	18:05	0:00	28	3:48	37	0:32
Lap 4	2,075.00	7:04	0:00	8	6:36	11	6:36	6,226.29	25:09	0:00	28	10:24	37	0:36
Lap 5	2,075.00	6:55	0:00	7	0:25	11	2:55	8,301.29	32:04	0:00	28	7:19	35	
Last lap Finish	411.00	1:25	0:00	3	0:06	3	0:06	10.00	33:29	3:20	7	1:59	8	1:59