



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Seidler, Bernd

Club: Stadtilm

Number: 343

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M45

Total time: 42:50

Speed: 14.01 km/h

Running performance: 4:17 min/km

Rank in course/Total: 49 (of 153)

Rank in course/Men: 48 (of 129)

Best time in course: 31:30

Rank in category: 9(of 18)

Best time in the category: 36:22

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 | 5:13 | 4:02 | 7 | 4:06 | 52 | 4:06 | 1.29 | 5:13 | 4:02 | 9 | 1:40 | 7 | 0:40 |
| Lap 2 | 2,075.00 | 8:41 | 0:00 | 8 | 5:52 | 50 | 5:52 | 2,076.29 | 13:54 | 0:00 | 13 | 6:21 | 38 | 3:21 |
| Lap 3 | 2,075.00 | 8:54 | 0:00 | 8 | 5:54 | 47 | 5:54 | 4,151.29 | 22:48 | 0:00 | 13 | 12:15 | 38 | 5:15 |
| Lap 4 | 2,075.00 | 9:04 | 0:00 | 9 | 2:04 | 48 | 8:36 | 6,226.29 | 31:52 | 0:00 | 13 | 14:19 | 38 | 7:19 |
| Lap 5 | 2,075.00 | 9:06 | 0:00 | 8 | 3:06 | 50 | 5:06 | 8,301.29 | 40:58 | 0:00 | 8 | 13:25 | 36 | 4:25 |
| Last lap Finish | 411.00 | 1:52 | 0:00 | 5 | 0:09 | 56 | 0:33 | 10.00 | 42:50 | 4:16 | 9 | 6:28 | 48 | 11:20 |