



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