



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Senz, Stefan**

Club: LSV Lok Arnstadt

Number: 341

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 37:35

Speed: 15.96 km/h

Running performance: 3:46 min/km

Rank in course/Total: 16 (of 153)

Rank in course/Men: 16 (of 129)

Best time in course: 31:30

Rank in category: 13(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Lap 1	1.29	4:28	3:27	14	0:35	22	3:21	1.29	4:28	3:27	27	0:21	10				
Lap 2	2,075.00	7:24	0:00	12	1:35	22	4:35	2,076.29	11:52	0:00	27	1:56	32	1:19			
Lap 3	2,075.00	8:01	0:00	14	3:40	23	5:01	4,151.29	19:53	0:00	27	5:36	32	2:20			
Lap 4	2,075.00	7:58	0:00	13	7:30	18	7:30	6,226.29	27:51	0:00	27	13:06	32	3:18			
Lap 5	2,075.00	8:11	0:00	12	1:41	24	4:11	8,301.29	36:02	0:00	27	11:17	30				
Last lap Finish	411.00	1:33	0:00	10	0:14	13	0:14	10.00	37:35	3:45	13	6:05	16	6:05			