



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Praetorius, Sven

Club: ASV Erfurt

Number: 367

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 31:30

Speed: 19.05 km/h

Running performance: 3:09 min/km

Rank in course/Total: 1 (of 153)

Rank in course/Men: 1 (of 129)

Best time in course: 31:30

Rank in category: 1(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	3:53	3:00	1	-	4	2:46	1.29	3:53	3:00	24	-	40				
Lap 2	2,075.00	6:30	0:00	3	0:41	9	3:41	2,076.29	10:23	0:00	24	0:27	40				
Lap 3	2,075.00	6:38	0:00	2	2:17	4	3:38	4,151.29	17:01	0:00	25	2:44	40				
Lap 4	2,075.00	6:40	0:00	3	6:12	3	6:12	6,226.29	23:41	0:00	24	8:56	40				
Lap 5	2,075.00	6:30	0:00	1	-	4	2:30	8,301.29	30:11	0:00	26	5:26	38				
Last lap Finish	411.00	1:19	0:00	1	-	1	-	10.00	31:30	3:08	1	-	1				