



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Buggaa, Rashe**

Club: Coburger Turnerschaft

Number: 456

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 31:41

Speed: 18.94 km/h

Running performance: 3:10 min/km

Rank in course/Total: 2 (of 153)

Rank in course/Men: 2 (of 129)

Best time in course: 31:30

Rank in category: 2(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	3:54	3:01	3	0:01	6	2:47	1.29	3:54	3:01	25			41
Lap 2	2,075.00	6:29	0:00	2	0:40	8	3:40	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	6:41	0:00	4	6:13	4	6:13	6,226.29	23:42	0:00	25	8:57		41
Lap 5	2,075.00	6:32	0:00	2	0:02	5	2:32	8,301.29	30:14	0:00	25	5:29		39
Last lap Finish	411.00	1:27	0:00	8	0:08	8	0:08	10.00	31:41	3:10	2	0:11	2	0:11