



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Bräutigam, Marcel

Club: LG Ohra Hörselgas

Number: 447

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 31:42

Speed: 18.93 km/h

Running performance: 3:10 min/km

Rank in course/Total: 3 (of 153)

Rank in course/Men: 3 (of 129)

Best time in course: 31:30

Rank in category: 3(of 32)

Best time in the category: 31:30

Intermediate times

Stage score

Total ranking

Control	Split		Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
	km	Time				Pos Men	Behind Men							
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	6:39	0:00	4	2:18	6	3:39	4,151.29	17:02	0:00	24	2:45	42	
Lap 4	2,075.00	6:39	0:00	2	6:11	2	6:11	6,226.29	23:41	0:00	24	8:56	40	
Lap 5	2,075.00	6:40	0:00	3	0:10	6	2:40	8,301.29	30:21	0:00	24	5:36	40	
Last lap Finish	411.00	1:21	0:00	2	0:02	2	0:02	10.00	31:42	3:10	3	0:12	3	0:12