



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

Fritsch, Alexander

Club: LSV Lok Arnstadt

Number: 356

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 32:37

Speed: 18.40 km/h

Running performance: 3:16 min/km

Rank in course/Total: 4 (of 153)

Rank in course/Men: 4 (of 129)

Best time in course: 31:30

Rank in category: 4(of 32)

Best time in the category: 31:30

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total    |       | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|----------|-------|-----------------|-------------|----------------|---------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km       | Time  |                 |             |                | Pos<br>Men    | Behind<br>Men |
| Lap 1           | 1.29        | 3:55          | 3:02            | 4           | 0:02           | 7           | 2:48          | 1.29     | 3:55  | 3:02            | 23          |                | 43            |               |
| Lap 2           | 2,075.00    | 6:45          | 0:00            | 5           | 0:56           | 11          | 3:56          | 2,076.29 | 10:40 | 0:00            | 23          | 0:44           | 43            | 0:07          |
| Lap 3           | 2,075.00    | 6:56          | 0:00            | 5           | 2:35           | 7           | 3:56          | 4,151.29 | 17:36 | 0:00            | 23          | 3:19           | 43            | 0:03          |
| Lap 4           | 2,075.00    | 6:48          | 0:00            | 5           | 6:20           | 5           | 6:20          | 6,226.29 | 24:24 | 0:00            | 23          | 9:39           | 43            |               |
| Lap 5           | 2,075.00    | 6:47          | 0:00            | 4           | 0:17           | 7           | 2:47          | 8,301.29 | 31:11 | 0:00            | 23          | 6:26           | 41            |               |
| Last lap Finish | 411.00      | 1:26          | 0:00            | 6           | 0:07           | 6           | 0:07          | 10.00    | 32:37 | 3:15            | 4           | 1:07           | 4             | 1:07          |