



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 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	3:55	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