



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Haß, Eric

Club: SG Spergau

Number: 446

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 33:08

Speed: 18.11 km/h

Running performance: 3:19 min/km

Rank in course/Total: 5 (of 153)

Rank in course/Men: 5 (of 129)

Best time in course: 31:30

Rank in category: 5(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	4:11	3:14	8	0:18	12	3:04	1.29	4:11	3:14	18	0:04	44	
Lap 2	2,075.00	6:56	0:00	6	1:07	12	4:07	2,076.29	11:07	0:00	22	1:11	44	0:34
Lap 3	2,075.00	6:56	0:00	5	2:35	7	3:56	4,151.29	18:03	0:00	21	3:46	44	0:30
Lap 4	2,075.00	6:53	0:00	6	6:25	7	6:25	6,226.29	24:56	0:00	21	10:11	44	0:23
Lap 5	2,075.00	6:47	0:00	4	0:17	7	2:47	8,301.29	31:43	0:00	22	6:58	42	
Last lap Finish	411.00	1:25	0:00	3	0:06	3	0:06	10.00	33:08	3:18	5	1:38	5	1:38