



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Herold, Tim

Club: ASV Erfurt

Number: 364

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 33:11

Speed: 18.08 km/h

Running performance: 3:19 min/km

Rank in course/Total: 6 (of 153)

Rank in course/Men: 6 (of 129)

Best time in course: 31:30

Rank in category: 6(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Lap 1	1.29	4:07	3:11	5	0:14	8	3:00	1.29	4:07	3:11	1	-	37				
Lap 2	2,075.00	6:58	0:00	7	1:09	14	4:09	2,076.29	11:05	0:00	21	1:09	45	0:32			
Lap 3	2,075.00	6:58	0:00	7	2:37	9	3:58	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	6:49	0:00	6	0:19	9	2:49	8,301.29	31:45	0:00	21	7:00	43				
Last lap Finish	411.00	1:26	0:00	6	0:07	6	0:07	10.00	33:11	3:19	6	1:41	6	1:41			