



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Koch, Markus**

Club: TV 1848 Coburg

Number: 375

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M30

Total time: 33:15

Speed: 18.05 km/h

Running performance: 3:19 min/km

Rank in course/Total: 7 (of 153)

Rank in course/Men: 7 (of 129)

Best time in course: 31:30

Rank in category: 1(of 18)

Best time in the category: 33:15

### 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	4:08	3:12	1	-	11	3:01	1.29	4:08	3:12	16	-	46	-
Lap 2	2,075.00	6:57	0:00	1	-	13	4:08	2,076.29	11:05	0:00	16	-	45	0:32
Lap 3	2,075.00	6:58	0:00	1	-	9	3:58	4,151.29	18:03	0:00	16	-	44	0:30
Lap 4	2,075.00	6:52	0:00	1	-	6	6:24	6,226.29	24:55	0:00	16	-	46	0:22
Lap 5	2,075.00	6:52	0:00	1	-	10	2:52	8,301.29	31:47	0:00	16	-	44	-
Last lap Finish	411.00	1:28	0:00	1	-	9	0:09	10.00	33:15	3:19	1	-	7	1:45