



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Münster, Marian

Club: LSV Lok Arnstadt

Number: 365

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 34:17

Speed: 17.50 km/h

Running performance: 3:26 min/km

Rank in course/Total: 9 (of 153)

Rank in course/Men: 9 (of 129)

Best time in course: 31:30

Rank in category: 8(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	4:18	3:19	11	0:25	16	3:11	1.29	4:18	3:19	20	0:11	47	
Lap 2	2,075.00	7:05	0:00	9	1:16	18	4:16	2,076.29	11:23	0:00	20	1:27	47	0:50
Lap 3	2,075.00	7:12	0:00	10	2:51	15	4:12	4,151.29	18:35	0:00	20	4:18	47	1:02
Lap 4	2,075.00	7:14	0:00	9	6:46	12	6:46	6,226.29	25:49	0:00	20	11:04	47	1:16
Lap 5	2,075.00	7:03	0:00	8	0:33	12	3:03	8,301.29	32:52	0:00	20	8:07	45	
Last lap Finish	411.00	1:25	0:00	3	0:06	3	0:06	10.00	34:17	3:25	8	2:47	9	2:47