



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Föt, Sören

Club: LSV Lok Arnstadt

Number: 459

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 35:46

Speed: 16.78 km/h

Running performance: 3:35 min/km

Rank in course/Total: 11 (of 153)

Rank in course/Men: 11 (of 129)

Best time in course: 31:30

Rank in category: 10(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	4:11	3:14	8	0:18	12	3:04	1.29	4:11	3:14	18	0:04	44	
Lap 2	2,075.00	7:14	0:00	10	1:25	19	4:25	2,076.29	11:25	0:00	19	1:29	48	0:52
Lap 3	2,075.00	7:32	0:00	11	3:11	17	4:32	4,151.29	18:57	0:00	19	4:40	48	1:24
Lap 4	2,075.00	7:39	0:00	11	7:11	15	7:11	6,226.29	26:36	0:00	19	11:51	48	2:03
Lap 5	2,075.00	7:40	0:00	9	1:10	14	3:40	8,301.29	34:16	0:00	19	9:31	46	
Last lap Finish	411.00	1:30	0:00	9	0:11	10	0:11	10.00	35:46	3:34	10	4:16	11	4:16