



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Neidhardt, Stefan

Club: Rennsteiglaufverein/LG Süd
Number: 455

Course: 10.00 km
Köstritzer Lauf

Category:
Männer M35

Total time: 35:48

Speed: 16.76 km/h
Running performance: 3:35 min/km

Rank in course/Total: 12 (of 153)

Rank in course/Men: 12 (of 129)

Best time in course: 31:30

Rank in category: 1(of 9)

Best time in the category: 35:48

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	4:23	3:23	2	0:45	17	3:16	1.29	4:23	3:23	3	0:45	49	
Lap 2	2,075.00	7:24	0:00	1	-	22	4:35	2,076.29	11:47	0:00	3		49	1:14
Lap 3	2,075.00	7:30	0:00	1	-	16	4:30	4,151.29	19:17	0:00	3		49	1:44
Lap 4	2,075.00	7:29	0:00	1	-	14	7:01	6,226.29	26:46	0:00	3		49	2:13
Lap 5	2,075.00	7:30	0:00	1	-	13	3:30	8,301.29	34:16	0:00	3		46	
Last lap Finish	411.00	1:32	0:00	1	-	11	0:13	10.00	35:48	3:34	1	-	12	4:18