



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Meinecke, Thomas**

Club: SV TU Ilmenau

Number: 411

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M45

Total time: 36:22

Speed: 16.50 km/h

Running performance: 3:38 min/km

Rank in course/Total: 13 (of 153)

Rank in course/Men: 13 (of 129)

Best time in course: 31:30

Rank in category: 1(of 18)

Best time in the category: 36:22

### 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	3	3:04	12	3:04	1.29	4:11	3:14	12	0:38	44	
Lap 2	2,075.00	7:14	0:00	4	4:25	19	4:25	2,076.29	11:25	0:00	12	3:52	48	0:52
Lap 3	2,075.00	7:32	0:00	3	4:32	17	4:32	4,151.29	18:57	0:00	12	8:24	48	1:24
Lap 4	2,075.00	7:48	0:00	2	0:48	17	7:20	6,226.29	26:45	0:00	12	9:12	50	2:12
Lap 5	2,075.00	7:54	0:00	2	1:54	16	3:54	8,301.29	34:39	0:00	12	7:06	48	
Last lap Finish	411.00	1:43	0:00	1	-	34	0:24	10.00	36:22	3:38	1	-	13	4:52