



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Böttner, Paul

Club: SVE Frankenhain

Number: 438

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 36:24

Speed: 16.48 km/h

Running performance: 3:38 min/km

Rank in course/Total: 14 (of 153)

Rank in course/Men: 14 (of 129)

Best time in course: 31:30

Rank in category: 11(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	7:20	0:00	11	1:31	21	4:31	2,076.29	11:31	0:00	18	1:35	51	0:58
Lap 3	2,075.00	7:43	0:00	12	3:22	19	4:43	4,151.29	19:14	0:00	18	4:57	51	1:41
Lap 4	2,075.00	7:46	0:00	12	7:18	16	7:18	6,226.29	27:00	0:00	18	12:15	51	2:27
Lap 5	2,075.00	7:50	0:00	10	1:20	15	3:50	8,301.29	34:50	0:00	18	10:05	49	
Last lap Finish	411.00	1:34	0:00	12	0:15	15	0:15	10.00	36:24	3:38	11	4:54	14	4:54