



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Gentzel, Philipp**

Club: Erfurter LAC

Number: 362

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 37:17

Speed: 16.09 km/h

Running performance: 3:44 min/km

Rank in course/Total: 15 (of 153)

Rank in course/Men: 15 (of 129)

Best time in course: 31:30

Rank in category: 12(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 km	Total Time	Total min/km	Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men				Pos Men	Behind Men		
Lap 1	1.29	4:07	3:11	5	0:14	8	3:00	1.29	4:07	3:11	1	-	37	
Lap 2	2,075.00	5:49	0:00	1	-	4	3:00	2,076.29	9:56	0:00	1	-	52	
Lap 3	2,075.00	4:21	0:00	1	-	2	1:21	4,151.29	14:17	0:00	1	-	52	
Lap 4	2,075.00	0:28	0:00	1	-	1	-	6,226.29	14:45	0:00	1	-	52	
Lap 5	2,075.00	10:00	0:00	26	3:30	80	6:00	8,301.29	24:45	0:00	1	-	50	
Last lap Finish	411.00	12:32	0:01	31	11:13	125	11:13	10.00	37:17	3:43	12	5:47	15	5:47