



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Böttner, Max

Club: SVE Frankenhain

Number: 439

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 37:54

Speed: 15.83 km/h

Running performance: 3:47 min/km

Rank in course/Total: 17 (of 153)

Rank in course/Men: 17 (of 129)

Best time in course: 31:30

Rank in category: 14(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 ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	4:27	3:26	13	0:34	20	3:20	1.29	4:27	3:26	16	0:20	53	
Lap 2	2,075.00	7:50	0:00	14	2:01	30	5:01	2,076.29	12:17	0:00	16	2:21	53	1:44
Lap 3	2,075.00	7:54	0:00	13	3:33	20	4:54	4,151.29	20:11	0:00	16	5:54	53	2:38
Lap 4	2,075.00	8:07	0:00	14	7:39	24	7:39	6,226.29	28:18	0:00	16	13:33	53	3:45
Lap 5	2,075.00	8:01	0:00	11	1:31	17	4:01	8,301.29	36:19	0:00	16	11:34	51	
Last lap Finish	411.00	1:35	0:00	13	0:16	16	0:16	10.00	37:54	3:47	14	6:24	17	6:24