



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

Krannich, Ingmar

Club: Arnstadt

Number: 415

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M30

Total time: 37:55

Speed: 15.82 km/h

Running performance: 3:47 min/km

Rank in course/Total: 18 (of 153)

Rank in course/Men: 18 (of 129)

Best time in course: 31:30

Rank in category: 2(of 18)

Best time in the category: 33:15

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	4:29	3:28	2	0:21	26	3:22	1.29	4:29	3:28	15		54	
Lap 2	2,075.00	7:45	0:00	2	0:48	28	4:56	2,076.29	12:14	0:00	15		54	1:41
Lap 3	2,075.00	7:57	0:00	2	0:59	22	4:57	4,151.29	20:11	0:00	15		53	2:38
Lap 4	2,075.00	8:08	0:00	2	1:16	25	7:40	6,226.29	28:19	0:00	15		54	3:46
Lap 5	2,075.00	8:04	0:00	2	1:12	19	4:04	8,301.29	36:23	0:00	15		52	
Last lap Finish	411.00	1:32	0:00	2	0:04	11	0:13	10.00	37:55	3:47	2	4:40	18	6:25