



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Ohlhorst, Frank**

Club: Rudolstadt

Number: 304

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M45

Total time: 40:40

Speed: 14.75 km/h

Running performance: 4:04 min/km

Rank in course/Total: 34 (of 153)

Rank in course/Men: 34 (of 129)

Best time in course: 31:30

Rank in category: 4(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	5:04	3:55	5	3:57	43	3:57	1.29	5:04	3:55	18	1:31	4	0:31
Lap 2	2,075.00	8:09	0:00	5	5:20	38	5:20	2,076.29	13:13	0:00	18	5:40	4	2:40
Lap 3	2,075.00	8:29	0:00	4	5:29	37	5:29	4,151.29	21:42	0:00	18	11:09	4	4:09
Lap 4	2,075.00	8:27	0:00	5	1:27	34	7:59	6,226.29	30:09	0:00	18	12:36	4	5:36
Lap 5	2,075.00	8:46	0:00	4	2:46	37	4:46	8,301.29	38:55	0:00	17	11:22	4	2:22
Last lap Finish	411.00	1:45	0:00	3	0:02	41	0:26	10.00	40:40	4:03	4	4:18	34	9:10