



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Rochau, Lothar

Club: LAV Halensia

Number: 413

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M55

Total time: 38:44

Speed: 15.49 km/h

Running performance: 3:52 min/km

Rank in course/Total: 24 (of 153)

Rank in course/Men: 24 (of 129)

Best time in course: 31:30

Rank in category: 2(of 12)

Best time in the category: 38:34

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	4:40	3:37	1	-	35	3:33	1.29	4:40	3:37	5		55	0:07
Lap 2	2,075.00	7:59	0:00	2	0:09	35	5:10	2,076.29	12:39	0:00	5	0:08	33	2:06
Lap 3	2,075.00	8:07	0:00	2	0:01	29	5:07	4,151.29	20:46	0:00	5	0:09	55	3:13
Lap 4	2,075.00	8:08	0:00	2	0:02	25	7:40	6,226.29	28:54	0:00	5	0:11	55	4:21
Lap 5	2,075.00	8:09	0:00	1	-	21	4:09	8,301.29	37:03	0:00	5	0:11	53	0:30
Last lap Finish	411.00	1:41	0:00	1	-	29	0:22	10.00	38:44	3:52	2	0:10	24	7:14