



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Hilbert, Jonathan

Club: Erfurter LAC

Number: 426

Course: 10.00 km

Köstritzer Lauf

Category:

männliche Jugend B

Total time: 38:22

Speed: 15.64 km/h

Running performance: 3:50 min/km

Rank in course/Total: 20 (of 153)

Rank in course/Men: 20 (of 129)

Best time in course: 31:30

Rank in category: 1(of 1)

Best time in the category: 38:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Stage score		Total ranking				
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	4:24	3:24	1	-	18	3:17	1.29	4:24	3:24	1	-	56	
Lap 2	2,075.00	7:43	0:00	1	-	26	4:54	2,076.29	12:07	0:00	1	-	10	1:34
Lap 3	2,075.00	8:19	0:00	1	-	32	5:19	4,151.29	20:26	0:00	1	-	56	2:53
Lap 4	2,075.00	8:18	0:00	1	-	30	7:50	6,226.29	28:44	0:00	1	-	56	4:11
Lap 5	2,075.00	8:03	0:00	1	-	18	4:03	8,301.29	36:47	0:00	1	-	54	0:14
Last lap Finish	411.00	1:35	0:00	1	-	16	0:16	10.00	38:22	3:50	1	-	20	6:52