



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Mehr, Ralf

Club: PSV Meiningen

Number: 435

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M35

Total time: 38:26

Speed: 15.61 km/h

Running performance: 3:50 min/km

Rank in course/Total: 21 (of 153)

Rank in course/Men: 21 (of 129)

Best time in course: 31:30

Rank in category: 3(of 9)

Best time in the category: 35:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Lap 1	1.29	4:28	3:27	4	0:50	22	3:21	1.29	4:28	3:27	2	0:50	10				
Lap 2	2,075.00	7:49	0:00	3	0:25	29	5:00	2,076.29	12:17	0:00	4		53	1:44			
Lap 3	2,075.00	8:06	0:00	4	0:36	27	5:06	4,151.29	20:23	0:00	4		57	2:50			
Lap 4	2,075.00	8:18	0:00	4	0:49	30	7:50	6,226.29	28:41	0:00	4		57	4:08			
Lap 5	2,075.00	8:09	0:00	3	0:39	21	4:09	8,301.29	36:50	0:00	4	0:01	55	0:17			
Last lap Finish	411.00	1:36	0:00	2	0:04	18	0:17	10.00	38:26	3:50	3	2:38	21	6:56			