



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Hempel, Karl

Club: Saalfelder LV

Number: 466

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 39:02

Speed: 15.37 km/h

Running performance: 3:54 min/km

Rank in course/Total: 25 (of 153)

Rank in course/Men: 25 (of 129)

Best time in course: 31:30

Rank in category: 15(of 32)

Best time in the category: 31:30

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	4:36	3:33	15	0:43	32	3:29	1.29	4:36	3:33	15	0:29	33	0:03
Lap 2	2,075.00	7:58	0:00	15	2:09	34	5:09	2,076.29	12:34	0:00	15	2:38	58	2:01
Lap 3	2,075.00	8:12	0:00	15	3:51	30	5:12	4,151.29	20:46	0:00	15	6:29	55	3:13
Lap 4	2,075.00	8:09	0:00	15	7:41	28	7:41	6,226.29	28:55	0:00	15	14:10	58	4:22
Lap 5	2,075.00	8:20	0:00	13	1:50	27	4:20	8,301.29	37:15	0:00	15	12:30	56	0:42
Last lap Finish	411.00	1:47	0:00	22	0:28	51	0:28	10.00	39:02	3:54	15	7:32	25	7:32