



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Helmich, Robert

Club: SRL-Sportclub-Arnstadt e. V.

Number: 457

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 39:11

Speed: 15.31 km/h

Running performance: 3:55 min/km

Rank in course/Total: 26 (of 153)

Rank in course/Men: 26 (of 129)

Best time in course: 31:30

Rank in category: 16(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	4:24	3:24	12	0:31	18	3:17	1.29	4:24	3:24	14	0:17	56	
Lap 2	2,075.00	7:43	0:00	13	1:54	26	4:54	2,076.29	12:07	0:00	14	2:11	10	1:34
Lap 3	2,075.00	8:19	0:00	16	3:58	32	5:19	4,151.29	20:26	0:00	14	6:09	56	2:53
Lap 4	2,075.00	8:28	0:00	16	8:00	35	8:00	6,226.29	28:54	0:00	14	14:09	55	4:21
Lap 5	2,075.00	8:32	0:00	15	2:02	32	4:32	8,301.29	37:26	0:00	14	12:41	57	0:53
Last lap Finish	411.00	1:45	0:00	19	0:26	41	0:26	10.00	39:11	3:55	16	7:41	26	7:41