



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Dreyßig, Christian

Club: AC Apolda

Number: 371

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M30

Total time: 39:36

Speed: 15.15 km/h

Running performance: 3:58 min/km

Rank in course/Total: 28 (of 153)

Rank in course/Men: 28 (of 129)

Best time in course: 31:30

Rank in category: 4(of 18)

Best time in the category: 33:15

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	4:30	3:29	3	0:22	27	3:23	1.29	4:30	3:29	14			60			
Lap 2	2,075.00	7:59	0:00	5	1:02	35	5:10	2,076.29	12:29	0:00	14			60		1:56	
Lap 3	2,075.00	8:25	0:00	5	1:27	36	5:25	4,151.29	20:54	0:00	12			60		3:21	
Lap 4	2,075.00	8:29	0:00	4	1:37	36	8:01	6,226.29	29:23	0:00	14			60		4:50	
Lap 5	2,075.00	8:29	0:00	4	1:37	31	4:29	8,301.29	37:52	0:00	14			58		1:19	
Last lap Finish	411.00	1:44	0:00	5	0:16	37	0:25	10.00	39:36	3:57	4	6:21		28		8:06	