



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Zobirei, Jörg

Club: Sportverein Rhön-Rennsteig-Sparkasse
Number: 432

Course: 10.00 km
Köstritzer Lauf

Category:
Männer M30

Total time: 39:29

Speed: 15.20 km/h

Running performance: 3:57 min/km

Rank in course/Total: 27 (of 153)

Rank in course/Men: 27 (of 129)

Best time in course: 31:30

Rank in category: 3(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.	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	4:40	3:37	5	0:32	35	3:33	1.29	4:40	3:37	13		55	0:07
Lap 2	2,075.00	7:56	0:00	4	0:59	33	5:07	2,076.29	12:36	0:00	13		61	2:03
Lap 3	2,075.00	8:17	0:00	3	1:19	31	5:17	4,151.29	20:53	0:00	13		61	3:20
Lap 4	2,075.00	8:26	0:00	3	1:34	32	7:58	6,226.29	29:19	0:00	13		61	4:46
Lap 5	2,075.00	8:26	0:00	3	1:34	30	4:26	8,301.29	37:45	0:00	13		59	1:12
Last lap Finish	411.00	1:44	0:00	5	0:16	37	0:25	10.00	39:29	3:56	3	6:14	27	7:59