



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Vater, Christian

Club: Rennsteiglaufverein LG Bärenfang

Number: 444

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M30

Total time: 39:50

Speed: 15.06 km/h

Running performance: 3:59 min/km

Rank in course/Total: 29 (of 153)

Rank in course/Men: 29 (of 129)

Best time in course: 31:30

Rank in category: 5(of 18)

Best time in the category: 33:15

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	4:39	3:36	4	0:31	34	3:32	1.29	4:39	3:36	12		62	0:06
Lap 2	2,075.00	7:54	0:00	3	0:57	32	5:05	2,076.29	12:33	0:00	12		62	2:00
Lap 3	2,075.00	8:21	0:00	4	1:23	34	5:21	4,151.29	20:54	0:00	12		60	3:21
Lap 4	2,075.00	8:32	0:00	5	1:40	37	8:04	6,226.29	29:26	0:00	12		62	4:53
Lap 5	2,075.00	8:39	0:00	5	1:47	34	4:39	8,301.29	38:05	0:00	12		60	1:32
Last lap Finish	411.00	1:45	0:00	7	0:17	41	0:26	10.00	39:50	3:59	5	6:35	29	8:20