



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Enkardt, Thomas

Club: SV 1899 Mühlhausen

Number: 352

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M45

Total time: 40:00

Speed: 15.00 km/h

Running performance: 4:00 min/km

Rank in course/Total: 31 (of 153)

Rank in course/Men: 31 (of 129)

Best time in course: 31:30

Rank in category: 3(of 18)

Best time in the category: 36:22

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Stage score | | | Total ranking | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|---------------|----------------|------------|---------------|
| | | | | | | | | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Lap 1 | 1.29 | 1:07 | 0:51 | 1 | - | 1 | - | 1.29 | 1:07 | 0:51 | 11 | | 63 | |
| Lap 2 | 2,075.00 | 2:49 | 0:00 | 1 | - | 1 | - | 2,076.29 | 3:56 | 0:00 | 11 | | 63 | |
| Lap 3 | 2,075.00 | 8:37 | 0:00 | 5 | 5:37 | 39 | 5:37 | 4,151.29 | 12:33 | 0:00 | 11 | 2:00 | 63 | |
| Lap 4 | 2,075.00 | 8:00 | 0:00 | 3 | 1:00 | 20 | 7:32 | 6,226.29 | 20:33 | 0:00 | 11 | 3:00 | 63 | |
| Lap 5 | 2,075.00 | 9:00 | 0:00 | 7 | 3:00 | 44 | 5:00 | 8,301.29 | 29:33 | 0:00 | 11 | 2:00 | 61 | |
| Last lap Finish | 411.00 | 10:27 | 0:01 | 16 | 8:44 | 123 | 9:08 | 10.00 | 40:00 | 4:00 | 3 | 3:38 | 31 | 8:30 |