



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.	Stage score		Total km	Total Time	Total min/km	Total ranking				
						Pos Men	Behind Men				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	