



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Hauser, Olaf

Club: 1. SV Gera

Number: 467

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M50

Total time: 40:10

Speed: 14.94 km/h

Running performance: 4:01 min/km

Rank in course/Total: 32 (of 153)

Rank in course/Men: 32 (of 129)

Best time in course: 31:30

Rank in category: 1(of 9)

Best time in the category: 40:10

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	5:05	3:56	2	0:32	44	3:58	1.29	5:05	3:56	5	-	64	0:32
Lap 2	2,075.00	8:21	0:00	2	1:21	40	5:32	2,076.29	13:26	0:00	5	-	64	2:53
Lap 3	2,075.00	8:22	0:00	2	3:22	35	5:22	4,151.29	21:48	0:00	5	-	64	4:15
Lap 4	2,075.00	8:26	0:00	1	-	32	7:58	6,226.29	30:14	0:00	5	-	64	5:41
Lap 5	2,075.00	8:20	0:00	1	-	27	4:20	8,301.29	38:34	0:00	5	-	62	2:01
Last lap Finish	411.00	1:36	0:00	1	-	18	0:17	10.00	40:10	4:00	1	-	32	8:40