



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Zeidler, Michael**

Club: TV 1848 Coburg

Number: 417

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M40

Total time: 41:02

Speed: 14.62 km/h

Running performance: 4:06 min/km

Rank in course/Total: 37 (of 153)

Rank in course/Men: 37 (of 129)

Best time in course: 31:30

Rank in category: 1(of 11)

Best time in the category: 41:02

### 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	5:07	3:57	3	0:16	45	4:00	1.29	5:07	3:57	5	-	65	0:34
Lap 2	2,075.00	8:24	0:00	4	2:24	42	5:35	2,076.29	13:31	0:00	5	-	65	2:58
Lap 3	2,075.00	8:35	0:00	2	0:32	38	5:35	4,151.29	22:06	0:00	5	-	65	4:33
Lap 4	2,075.00	8:38	0:00	2	0:38	39	8:10	6,226.29	30:44	0:00	5	-	65	6:11
Lap 5	2,075.00	8:36	0:00	1	-	33	4:36	8,301.29	39:20	0:00	5	-	63	2:47
Last lap Finish	411.00	1:42	0:00	2	0:04	32	0:23	10.00	41:02	4:06	1	-	37	9:32