



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

### Schiwek, Uwe

Club: Die stolpernden Schildkröten  
Number: 405

Course: 10.00 km  
Köstritzer Lauf

Category:  
Männer M45

Total time: 40:58

Speed: 14.65 km/h  
Running performance: 4:06 min/km

Rank in course/Total: 36 (of 153)

Rank in course/Men: 36 (of 129)

Best time in course: 31:30

Rank in category: 5(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.29	3:33	2:45	2	2:26	2	2:26	1.29	3:33	2:45	1	-	66	
Lap 2	2,075.00	4:00	0:00	2	1:11	2	1:11	2,076.29	7:33	0:00	1	-	66	
Lap 3	2,075.00	3:00	0:00	1	-	1	-	4,151.29	10:33	0:00	1	-	66	
Lap 4	2,075.00	7:00	0:00	1	-	9	6:32	6,226.29	17:33	0:00	1	-	66	
Lap 5	2,075.00	10:00	0:00	13	4:00	80	6:00	8,301.29	27:33	0:00	1	-	64	
Last lap Finish	411.00	13:25	0:01	17	11:42	126	12:06	10.00	40:58	4:05	5	4:36	36	9:28