



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Banzer, Roland

Club: Katholische Laufjugend Arnstadt
Number: 383

Course: 10.00 km
Köstritzer Lauf

Category:
Männer M45

Total time: 41:47

Speed: 14.36 km/h
Running performance: 4:11 min/km

Rank in course/Total: 41 (of 153)

Rank in course/Men: 41 (of 129)

Best time in course: 31:30

Rank in category: 6(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	5:13	4:02	7	4:06	52	4:06	1.29	5:13	4:02	9	1:40	7	0:40
Lap 2	2,075.00	8:40	0:00	7	5:51	49	5:51	2,076.29	13:53	0:00	9	6:20	12	3:20
Lap 3	2,075.00	8:42	0:00	7	5:42	43	5:42	4,151.29	22:35	0:00	9	12:02	67	5:02
Lap 4	2,075.00	8:47	0:00	7	1:47	41	8:19	6,226.29	31:22	0:00	9	13:49	67	6:49
Lap 5	2,075.00	8:41	0:00	3	2:41	35	4:41	8,301.29	40:03	0:00	9	12:30	65	3:30
Last lap Finish	411.00	1:44	0:00	2	0:01	37	0:25	10.00	41:47	4:10	6	5:25	41	10:17