



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Zeiger, Thomas**

Club: Arnstadt

Number: 382

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M40

Total time: 41:39

Speed: 14.41 km/h

Running performance: 4:10 min/km

Rank in course/Total: 39 (of 153)

Rank in course/Men: 39 (of 129)

Best time in course: 31:30

Rank in category: 3(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	5:02	3:54	2	0:11	41	3:55	1.29	5:02	3:54	6		68	0:29
Lap 2	2,075.00	8:21	0:00	3	2:21	40	5:32	2,076.29	13:23	0:00	6		68	2:50
Lap 3	2,075.00	8:39	0:00	3	0:36	42	5:39	4,151.29	22:02	0:00	6		68	4:29
Lap 4	2,075.00	8:50	0:00	3	0:50	42	8:22	6,226.29	30:52	0:00	4		34	6:19
Lap 5	2,075.00	9:01	0:00	4	0:25	46	5:01	8,301.29	39:53	0:00	6		66	3:20
Last lap Finish	411.00	1:46	0:00	4	0:08	48	0:27	10.00	41:39	4:09	3	0:37	39	10:09