



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Glock, Carsten

Club: Katholische Laufjugend Arnstadt
Number: 363

Course: 10.00 km
Köstritzer Lauf

Category:
Männer M20

Total time: 41:42

Speed: 14.39 km/h
Running performance: 4:10 min/km

Rank in course/Total: 40 (of 153)

Rank in course/Men: 40 (of 129)

Best time in course: 31:30

Rank in category: 18(of 32)

Best time in the category: 31:30

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	4:56	3:49	17	1:03	39	3:49	1.29	4:56	3:49	13	0:49	69	0:23
Lap 2	2,075.00	8:37	0:00	17	2:48	47	5:48	2,076.29	13:33	0:00	13	3:37	69	3:00
Lap 3	2,075.00	8:58	0:00	22	4:37	53	5:58	4,151.29	22:31	0:00	13	8:14	12	4:58
Lap 4	2,075.00	8:50	0:00	18	8:22	42	8:22	6,226.29	31:21	0:00	13	16:36	12	6:48
Lap 5	2,075.00	8:41	0:00	16	2:11	35	4:41	8,301.29	40:02	0:00	13	15:17	67	3:29
Last lap Finish	411.00	1:40	0:00	15	0:21	24	0:21	10.00	41:42	4:10	18	10:12	40	10:12