



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Rudorf, Hans-Joachim**

Club: FSV Meuselwitz

Number: 388

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M55

Total time: 41:55

Speed: 14.31 km/h

Running performance: 4:11 min/km

Rank in course/Total: 43 (of 153)

Rank in course/Men: 43 (of 129)

Best time in course: 31:30

Rank in category: 3(of 12)

Best time in the category: 38:34

### 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	5:01	3:53	3	0:21	40	3:54	1.29	5:01	3:53	6	0:20	70	0:28
Lap 2	2,075.00	8:31	0:00	3	0:41	45	5:42	2,076.29	13:32	0:00	6	1:01	70	2:59
Lap 3	2,075.00	8:44	0:00	3	0:38	44	5:44	4,151.29	22:16	0:00	6	1:39	70	4:43
Lap 4	2,075.00	8:52	0:00	3	0:46	45	8:24	6,226.29	31:08	0:00	6	2:25	70	6:35
Lap 5	2,075.00	8:53	0:00	3	0:44	41	4:53	8,301.29	40:01	0:00	6	3:09	68	3:28
Last lap Finish	411.00	1:54	0:00	4	0:13	63	0:35	10.00	41:55	4:11	3	3:21	43	10:25