



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Kaufmann, Jürgen

Club: TSV Germania 1887 Neustadt e.V.

Number: 463

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M45

Total time: 42:44

Speed: 14.04 km/h

Running performance: 4:16 min/km

Rank in course/Total: 47 (of 153)

Rank in course/Men: 46 (of 129)

Best time in course: 31:30

Rank in category: 8(of 18)

Best time in the category: 36:22

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	1.29	5:21	4:08	10	4:14	60	4:14	1.29	5:21	4:08	8	1:48	3	0:48
Lap 2	2,075.00	8:53	0:00	9	6:04	57	6:04	2,076.29	14:14	0:00	7	6:41	3	3:41
Lap 3	2,075.00	8:56	0:00	9	5:56	49	5:56	4,151.29	23:10	0:00	8	12:37	71	5:37
Lap 4	2,075.00	8:56	0:00	8	1:56	47	8:28	6,226.29	32:06	0:00	8	14:33	7	7:33
Lap 5	2,075.00	8:52	0:00	5	2:52	39	4:52	8,301.29	40:58	0:00	8	13:25	36	4:25
Last lap Finish	411.00	1:46	0:00	4	0:03	48	0:27	10.00	42:44	4:16	8	6:22	46	11:14