



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Zeuner, Andreas**

Club: Erfurt  
Number: 380

Course: 10.00 km  
Köstritzer Lauf

Category:  
Männer M35

Total time: 42:55

Speed: 13.98 km/h  
Running performance: 4:17 min/km

Rank in course/Total: 51 (of 153)

Rank in course/Men: 50 (of 129)

Best time in course: 31:30

Rank in category: 5(of 9)

Best time in the category: 35:48

### Intermediate times

### Stage score

### Total ranking

| Control         | Intermediate times |            |              |          |             | Stage score |            |          | Total ranking |              |          |             |         |            |
|-----------------|--------------------|------------|--------------|----------|-------------|-------------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
|                 | Split km           | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men     | Behind Men | Total km | Total Time    | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Lap 1           | 1.29               | 4:27       | 3:26         | 3        | 0:49        | 20          | 3:20       | 1.29     | 4:27          | 3:26         | 5        | 0:49        | 53      |            |
| Lap 2           | 2,075.00           | 8:25       | 0:00         | 4        | 1:01        | 43          | 5:36       | 2,076.29 | 12:52         | 0:00         | 5        | 0:21        | 72      | 2:19       |
| Lap 3           | 2,075.00           | 9:18       | 0:00         | 6        | 1:48        | 66          | 6:18       | 4,151.29 | 22:10         | 0:00         | 5        | 1:35        | 72      | 4:37       |
| Lap 4           | 2,075.00           | 9:42       | 0:00         | 7        | 2:13        | 69          | 9:14       | 6,226.29 | 31:52         | 0:00         | 5        | 3:09        | 38      | 7:19       |
| Lap 5           | 2,075.00           | 9:19       | 0:00         | 6        | 1:49        | 55          | 5:19       | 8,301.29 | 41:11         | 0:00         | 5        | 4:22        | 70      | 4:38       |
| Last lap Finish | 411.00             | 1:44       | 0:00         | 7        | 0:12        | 37          | 0:25       | 10.00    | 42:55         | 4:17         | 5        | 7:07        | 50      | 11:25      |