



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	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	4:27	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