



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Wächter, Hartmut

Club: LSV Lok Arnstadt

Number: 389

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M55

Total time: 43:17

Speed: 13.86 km/h

Running performance: 4:20 min/km

Rank in course/Total: 55 (of 153)

Rank in course/Men: 54 (of 129)

Best time in course: 31:30

Rank in category: 4(of 12)

Best time in the category: 38:34

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.29	5:12	4:01	4	0:32	48	4:05	1.29	5:12	4:01	7	0:31	24	0:39
Lap 2	2,075.00	8:46	0:00	4	0:56	53	5:57	2,076.29	13:58	0:00	7	1:27	74	3:25
Lap 3	2,075.00	9:00	0:00	4	0:54	54	6:00	4,151.29	22:58	0:00	7	2:21	74	5:25
Lap 4	2,075.00	9:10	0:00	4	1:04	54	8:42	6,226.29	32:08	0:00	7	3:25	74	7:35
Lap 5	2,075.00	9:16	0:00	4	1:07	54	5:16	8,301.29	41:24	0:00	7	4:32	72	4:51
Last lap Finish	411.00	1:53	0:00	3	0:12	59	0:34	10.00	43:17	4:19	4	4:43	54	11:47