



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Hein, Michael**

Club: Katholische Laufjugend Arnstadt  
Number: 302

Course: 10.00 km  
Köstritzer Lauf

Category:  
Männer M40

Total time: 53:35

Speed: 11.20 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 126 (of 153)

Rank in course/Men: 115 (of 129)

Best time in course: 31:30

Rank in category: 11(of 11)

Best time in the category: 41:02

### 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	5:51	4:32	8	1:00	92	4:44	1.29	5:51	4:32	1	-	5	1:18
Lap 2	2,075.00	9:59	0:00	8	3:59	97	7:10	2,076.29	15:50	0:00	1	-	5	5:17
Lap 3	2,075.00	10:03	0:00	8	2:00	95	7:03	4,151.29	25:53	0:00	1	-	5	8:20
Lap 4	2,075.00	11:19	0:00	11	3:19	114	10:51	6,226.29	37:12	0:00	1	-	5	12:39
Lap 5	2,075.00	13:35	0:00	11	4:59	120	9:35	8,301.29	50:47	0:00	1	-	5	14:14
Last lap Finish	411.00	2:48	0:00	10	1:10	109	1:29	10.00	53:35	5:21	11	12:33	115	22:05