



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Kirsch, Steffen

Club: Stotternheim

Number: 452

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M35

Total time: 43:15

Speed: 13.87 km/h

Running performance: 4:19 min/km

Rank in course/Total: 54 (of 153)

Rank in course/Men: 53 (of 129)

Best time in course: 31:30

Rank in category: 6(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	5:35	4:19	8	1:57	78	4:28	1.29	5:35	4:19	6	1:57	75	1:02
Lap 2	2,075.00	8:58	0:00	6	1:34	65	6:09	2,076.29	14:33	0:00	6	2:02	75	4:00
Lap 3	2,075.00	9:01	0:00	5	1:31	56	6:01	4,151.29	23:34	0:00	6	2:59	75	6:01
Lap 4	2,075.00	9:04	0:00	5	1:35	48	8:36	6,226.29	32:38	0:00	6	3:55	73	8:05
Lap 5	2,075.00	9:01	0:00	5	1:31	46	5:01	8,301.29	41:39	0:00	6	4:50	73	5:06
Last lap Finish	411.00	1:36	0:00	2	0:04	18	0:17	10.00	43:15	4:19	6	7:27	53	11:45