



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Hirsch, Dr. Steffen

Club: AC Apolda

Number: 424

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M30

Total time: 43:13

Speed: 13.88 km/h

Running performance: 4:19 min/km

Rank in course/Total: 53 (of 153)

Rank in course/Men: 52 (of 129)

Best time in course: 31:30

Rank in category: 6(of 18)

Best time in the category: 33:15

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	5:03	3:54	6	0:55	42	3:56	1.29	5:03	3:54	11		76	0:30
Lap 2	2,075.00	8:37	0:00	6	1:40	47	5:48	2,076.29	13:40	0:00	11		76	3:07
Lap 3	2,075.00	9:05	0:00	6	2:07	59	6:05	4,151.29	22:45	0:00	11		76	5:12
Lap 4	2,075.00	9:20	0:00	6	2:28	58	8:52	6,226.29	32:05	0:00	11		76	7:32
Lap 5	2,075.00	9:13	0:00	7	2:21	51	5:13	8,301.29	41:18	0:00	11		74	4:45
Last lap Finish	411.00	1:55	0:00	11	0:27	65	0:36	10.00	43:13	4:19	6	9:58	52	11:43