



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Lipfert, Günter

Club: Saalfelder LV

Number: 409

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 43:08

Speed: 13.91 km/h

Running performance: 4:19 min/km

Rank in course/Total: 52 (of 153)

Rank in course/Men: 51 (of 129)

Best time in course: 31:30

Rank in category: 20(of 32)

Best time in the category: 31:30

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	5:21	4:08	21	1:28	60	4:14	1.29	5:21	4:08	10	1:14	3	0:48
Lap 2	2,075.00	8:52	0:00	19	3:03	55	6:03	2,076.29	14:13	0:00	10	4:17	77	3:40
Lap 3	2,075.00	8:56	0:00	19	4:35	49	5:56	4,151.29	23:09	0:00	10	8:52	3	5:36
Lap 4	2,075.00	9:06	0:00	20	8:38	51	8:38	6,226.29	32:15	0:00	11	17:30	77	7:42
Lap 5	2,075.00	9:14	0:00	19	2:44	53	5:14	8,301.29	41:29	0:00	11	16:44	75	4:56
Last lap Finish	411.00	1:39	0:00	14	0:20	23	0:20	10.00	43:08	4:18	20	11:38	51	11:38