



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total    |       | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|----------|-------|-----------------|-------------|----------------|---------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km       | Time  |                 |             |                | Pos<br>Men    | Behind<br>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         |