



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Herrmann, Maik

Club: Laufftreff Arnstadt

Number: 399

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M30

Total time: 43:27

Speed: 13.81 km/h

Running performance: 4:20 min/km

Rank in course/Total: 57 (of 153)

Rank in course/Men: 56 (of 129)

Best time in course: 31:30

Rank in category: 7(of 18)

Best time in the category: 33:15

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	5:15	4:04	7	1:07	57	4:08	1.29	5:15	4:04	1	-	78	0:42
Lap 2	2,075.00	9:03	0:00	8	2:06	66	6:14	2,076.29	14:18	0:00	1	-	78	3:45
Lap 3	2,075.00	9:08	0:00	7	2:10	62	6:08	4,151.29	23:26	0:00	1	-	78	5:53
Lap 4	2,075.00	9:20	0:00	6	2:28	58	8:52	6,226.29	32:46	0:00	1	-	78	8:13
Lap 5	2,075.00	9:04	0:00	6	2:12	48	5:04	8,301.29	41:50	0:00	1	-	76	5:17
Last lap Finish	411.00	1:37	0:00	3	0:09	21	0:18	10.00	43:27	4:20	7	10:12	56	11:57