



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Schultz, Michael

Club: Saalfelder LV

Number: 410

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 43:23

Speed: 13.83 km/h

Running performance: 4:20 min/km

Rank in course/Total: 56 (of 153)

Rank in course/Men: 55 (of 129)

Best time in course: 31:30

Rank in category: 21(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 | Total ranking | | Pos Men | Behind Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|----------|-------|-----------------|---------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | Pos Cat. | Behind Cat. | | |
| 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 | 9:08 | 0:00 | 21 | 8:40 | 52 | 8:40 | 6,226.29 | 32:17 | 0:00 | 10 | 17:32 | 79 | 7:44 |
| Lap 5 | 2,075.00 | 9:21 | 0:00 | 20 | 2:51 | 56 | 5:21 | 8,301.29 | 41:38 | 0:00 | 10 | 16:53 | 77 | 5:05 |
| Last lap Finish | 411.00 | 1:45 | 0:00 | 19 | 0:26 | 41 | 0:26 | 10.00 | 43:23 | 4:20 | 21 | 11:53 | 55 | 11:53 |