



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 ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	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