



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Krauß, Raimund

Club: LV-Einheit Greiz

Number: 425

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M70

Total time: 44:18

Speed: 13.54 km/h

Running performance: 4:26 min/km

Rank in course/Total: 61 (of 153)

Rank in course/Men: 60 (of 129)

Best time in course: 31:30

Rank in category: 1(of 4)

Best time in the category: 44:18

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	5:13	4:02	2	0:40	52	4:06	1.29	5:13	4:02	3	0:40	7	0:40
Lap 2	2,075.00	8:46	0:00	2	2:46	53	5:57	2,076.29	13:59	0:00	3	3:26	80	3:26
Lap 3	2,075.00	9:03	0:00	2	2:03	58	6:03	4,151.29	23:02	0:00	3	5:29	80	5:29
Lap 4	2,075.00	9:25	0:00	2	2:25	60	8:57	6,226.29	32:27	0:00	3	7:54	80	7:54
Lap 5	2,075.00	9:45	0:00	1	-	66	5:45	8,301.29	42:12	0:00	3	5:39	78	5:39
Last lap Finish	411.00	2:06	0:00	1	-	89	0:47	10.00	44:18	4:25	1	-	60	12:48