



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Laute, Andreas

Club: SV TU Ilmenau

Number: 448

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M45

Total time: 44:06

Speed: 13.61 km/h

Running performance: 4:25 min/km

Rank in course/Total: 59 (of 153)

Rank in course/Men: 58 (of 129)

Best time in course: 31:30

Rank in category: 10(of 18)

Best time in the category: 36:22

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	5:11	4:01	6	4:04	46	4:04	1.29	5:11	4:01	7	1:38	81	0:38
Lap 2	2,075.00	9:03	0:00	10	6:14	66	6:14	2,076.29	14:14	0:00	7	6:41	3	3:41
Lap 3	2,075.00	9:10	0:00	10	6:10	63	6:10	4,151.29	23:24	0:00	7	12:51	81	5:51
Lap 4	2,075.00	9:18	0:00	11	2:18	57	8:50	6,226.29	32:42	0:00	7	15:09	81	8:09
Lap 5	2,075.00	9:31	0:00	10	3:31	61	5:31	8,301.29	42:13	0:00	7	14:40	79	5:40
Last lap Finish	411.00	1:53	0:00	6	0:10	59	0:34	10.00	44:06	4:24	10	7:44	58	12:36