



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Hempel, Ernst

Club: Saalfelder LV

Number: 465

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M60

Total time: 45:22

Speed: 13.23 km/h

Running performance: 4:32 min/km

Rank in course/Total: 68 (of 153)

Rank in course/Men: 66 (of 129)

Best time in course: 31:30

Rank in category: 2(of 6)

Best time in the category: 40:43

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.	Total ranking		
						Pos Men	Behind Men	km	Time			Pos Men	Behind Men	
Lap 1	1.29	5:21	4:08	2	0:53	60	4:14	1.29	5:21	4:08	3		3	0:48
Lap 2	2,075.00	9:06	0:00	3	2:06	69	6:17	2,076.29	14:27	0:00	3		83	3:54
Lap 3	2,075.00	9:32	0:00	3	1:31	68	6:32	4,151.29	23:59	0:00	3		83	6:26
Lap 4	2,075.00	9:39	0:00	2	1:41	66	9:11	6,226.29	33:38	0:00	3		83	9:05
Lap 5	2,075.00	9:45	0:00	3	4:45	66	5:45	8,301.29	43:23	0:00	3		81	6:50
Last lap Finish	411.00	1:59	0:00	1	-	76	0:40	10.00	45:22	4:32	2	4:39	66	13:52