



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Schulz, Hartmut

Club: Dream-Team Ilmenau

Number: 301

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M60

Total time: 46:19

Speed: 12.95 km/h

Running performance: 4:38 min/km

Rank in course/Total: 77 (of 153)

Rank in course/Men: 75 (of 129)

Best time in course: 31:30

Rank in category: 3(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.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.29	5:33	4:18	3	1:05	75	4:26	1.29	5:33	4:18	1	-	6	1:00
Lap 2	2,075.00	9:26	0:00	4	2:26	79	6:37	2,076.29	14:59	0:00	1	-	6	4:26
Lap 3	2,075.00	9:36	0:00	4	1:35	75	6:36	4,151.29	24:35	0:00	1	-	6	7:02
Lap 4	2,075.00	9:49	0:00	3	1:51	77	9:21	6,226.29	34:24	0:00	1	-	6	9:51
Lap 5	2,075.00	9:52	0:00	4	4:52	76	5:52	8,301.29	44:16	0:00	1	-	6	7:43
Last lap Finish	411.00	2:03	0:00	2	0:04	82	0:44	10.00	46:19	4:37	3	5:36	75	14:49