



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Vater, Georg

Club: Rennsteiglaufverein LG Bärenfang

Number: 443

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M40

Total time: 45:45

Speed: 13.11 km/h

Running performance: 4:35 min/km

Rank in course/Total: 73 (of 153)

Rank in course/Men: 71 (of 129)

Best time in course: 31:30

Rank in category: 5(of 11)

Best time in the category: 41:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men				Pos Cat.	Behind Cat.		
Lap 1	1.29	5:30	4:15	7	0:39	73	4:23	1.29	5:30	4:15	7		84	0:57
Lap 2	2,075.00	9:12	0:00	6	3:12	70	6:23	2,076.29	14:42	0:00	7		84	4:09
Lap 3	2,075.00	9:32	0:00	6	1:29	68	6:32	4,151.29	24:14	0:00	7		84	6:41
Lap 4	2,075.00	9:42	0:00	6	1:42	69	9:14	6,226.29	33:56	0:00	7		84	9:23
Lap 5	2,075.00	9:45	0:00	6	1:09	66	5:45	8,301.29	43:41	0:00	7		82	7:08
Last lap Finish	411.00	2:04	0:00	7	0:26	83	0:45	10.00	45:45	4:34	5	4:43	71	14:15