



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Rauch, André

Club: LG Friedrichroda

Number: 449

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M45

Total time: 45:52

Speed: 13.08 km/h

Running performance: 4:35 min/km

Rank in course/Total: 74 (of 153)

Rank in course/Men: 72 (of 129)

Best time in course: 31:30

Rank in category: 14(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	5:33	4:18	11	4:26	75	4:26	1.29	5:33	4:18	6	2:00	6	1:00
Lap 2	2,075.00	9:14	0:00	11	6:25	71	6:25	2,076.29	14:47	0:00	6	7:14	85	4:14
Lap 3	2,075.00	9:35	0:00	13	6:35	74	6:35	4,151.29	24:22	0:00	6	13:49	85	6:49
Lap 4	2,075.00	9:44	0:00	14	2:44	73	9:16	6,226.29	34:06	0:00	6	16:33	85	9:33
Lap 5	2,075.00	9:49	0:00	12	3:49	72	5:49	8,301.29	43:55	0:00	6	16:22	83	7:22
Last lap Finish	411.00	1:57	0:00	8	0:14	69	0:38	10.00	45:52	4:35	14	9:30	72	14:22