



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Brück, Tom

Club: Arnstadt

Number: 361

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 45:31

Speed: 13.18 km/h

Running performance: 4:33 min/km

Rank in course/Total: 70 (of 153)

Rank in course/Men: 68 (of 129)

Best time in course: 31:30

Rank in category: 25(of 32)

Best time in the category: 31:30

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	5:25	4:11	26	1:32	70	4:18	1.29	5:25	4:11	9	1:18	86	0:52
Lap 2	2,075.00	9:03	0:00	24	3:14	66	6:14	2,076.29	14:28	0:00	9	4:32	86	3:55
Lap 3	2,075.00	9:32	0:00	25	5:11	68	6:32	4,151.29	24:00	0:00	9	9:43	86	6:27
Lap 4	2,075.00	9:48	0:00	26	9:20	76	9:20	6,226.29	33:48	0:00	9	19:03	86	9:15
Lap 5	2,075.00	10:03	0:00	28	3:33	86	6:03	8,301.29	43:51	0:00	9	19:06	84	7:18
Last lap Finish	411.00	1:40	0:00	15	0:21	24	0:21	10.00	45:31	4:33	25	14:01	68	14:01