



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Olm, Patrick

Club: SRL-Sportclub-Arnstadt e. V.

Number: 458

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 45:34

Speed: 13.17 km/h

Running performance: 4:34 min/km

Rank in course/Total: 72 (of 153)

Rank in course/Men: 70 (of 129)

Best time in course: 31:30

Rank in category: 26(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 ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Lap 1	1.29	5:11	4:01	18	1:18	46	4:04	1.29	5:11	4:01	8	1:04	81	0:38
Lap 2	2,075.00	9:22	0:00	26	3:33	78	6:33	2,076.29	14:33	0:00	5	4:37	75	4:00
Lap 3	2,075.00	10:00	0:00	28	5:39	92	7:00	4,151.29	24:33	0:00	8	10:16	87	7:00
Lap 4	2,075.00	9:54	0:00	28	9:26	79	9:26	6,226.29	34:27	0:00	8	19:42	87	9:54
Lap 5	2,075.00	9:27	0:00	22	2:57	59	5:27	8,301.29	43:54	0:00	8	19:09	85	7:21
Last lap Finish	411.00	1:40	0:00	15	0:21	24	0:21	10.00	45:34	4:33	26	14:04	70	14:04