



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Anschütz, Mario

Club: ZSG Gw Waltershausen
Number: 462

Course: 10.00 km
Köstritzer Lauf

Category:
Männer M35

Total time: 46:13

Speed: 12.98 km/h
Running performance: 4:37 min/km

Rank in course/Total: 75 (of 153)

Rank in course/Men: 73 (of 129)

Best time in course: 31:30

Rank in category: 8(of 9)

Best time in the category: 35:48

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	5:32	4:17	7	1:54	74	4:25	1.29	5:32	4:17	8	1:54	88	0:59
Lap 2	2,075.00	9:20	0:00	7	1:56	74	6:31	2,076.29	14:52	0:00	8	2:21	88	4:19
Lap 3	2,075.00	9:48	0:00	8	2:18	84	6:48	4,151.29	24:40	0:00	8	4:05	88	7:07
Lap 4	2,075.00	9:59	0:00	8	2:30	80	9:31	6,226.29	34:39	0:00	8	5:56	88	10:06
Lap 5	2,075.00	9:48	0:00	8	2:18	70	5:48	8,301.29	44:27	0:00	8	7:38	86	7:54
Last lap Finish	411.00	1:46	0:00	8	0:14	48	0:27	10.00	46:13	4:37	8	10:25	73	14:43