



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Klütsch, Carsten

Club: Arnstadt

Number: 374

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M30

Total time: 46:18

Speed: 12.96 km/h

Running performance: 4:38 min/km

Rank in course/Total: 76 (of 153)

Rank in course/Men: 74 (of 129)

Best time in course: 31:30

Rank in category: 9(of 18)

Best time in the category: 33:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Lap 1	1.29	5:29	4:15	9	1:21	72	4:22	1.29	5:29	4:15	9	0:14	89	0:56				
Lap 2	2,075.00	9:20	0:00	9	2:23	74	6:31	2,076.29	14:49	0:00	9	0:31	89	4:16				
Lap 3	2,075.00	9:39	0:00	9	2:41	76	6:39	4,151.29	24:28	0:00	9	1:02	89	6:55				
Lap 4	2,075.00	9:59	0:00	9	3:07	80	9:31	6,226.29	34:27	0:00	9	1:41	87	9:54				
Lap 5	2,075.00	9:56	0:00	10	3:04	77	5:56	8,301.29	44:23	0:00	9	2:33	87	7:50				
Last lap Finish	411.00	1:55	0:00	11	0:27	65	0:36	10.00	46:18	4:37	9	13:03	74	14:48				