



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Krafft, Harald

Club: Stuttgart

Number: 423

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M20

Total time: 46:23

Speed: 12.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 79 (of 153)

Rank in course/Men: 77 (of 129)

Best time in course: 31:30

Rank in category: 27(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	6:02	4:40	29	2:09	98	4:55	1.29	6:02	4:40	7	1:55	90	1:29
Lap 2	2,075.00	9:38	0:00	28	3:49	90	6:49	2,076.29	15:40	0:00	7	5:44	35	5:07
Lap 3	2,075.00	9:42	0:00	27	5:21	80	6:42	4,151.29	25:22	0:00	7	11:05	90	7:49
Lap 4	2,075.00	9:42	0:00	24	9:14	69	9:14	6,226.29	35:04	0:00	7	20:19	90	10:31
Lap 5	2,075.00	9:34	0:00	23	3:04	62	5:34	8,301.29	44:38	0:00	7	19:53	88	8:05
Last lap Finish	411.00	1:45	0:00	19	0:26	41	0:26	10.00	46:23	4:38	27	14:53	77	14:53