



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Schilling, Matthias

Club: Druckfinder.de

Number: 420

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M40

Total time: 46:34

Speed: 12.88 km/h

Running performance: 4:40 min/km

Rank in course/Total: 83 (of 153)

Rank in course/Men: 81 (of 129)

Best time in course: 31:30

Rank in category: 6(of 11)

Best time in the category: 41:02

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.29	5:26	4:12	6	0:35	71	4:19	1.29	5:26	4:12	8		91	0:53
Lap 2	2,075.00	9:37	0:00	7	3:37	87	6:48	2,076.29	15:03	0:00	8		91	4:30
Lap 3	2,075.00	9:54	0:00	7	1:51	86	6:54	4,151.29	24:57	0:00	8		91	7:24
Lap 4	2,075.00	10:03	0:00	8	2:03	85	9:35	6,226.29	35:00	0:00	8		91	10:27
Lap 5	2,075.00	9:56	0:00	7	1:20	77	5:56	8,301.29	44:56	0:00	8		89	8:23
Last lap Finish	411.00	1:38	0:00	1	-	22	0:19	10.00	46:34	4:39	6	5:32	81	15:04