



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Keyser, Marcel**

Club: Meuselbach

Number: 373

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M30

Total time: 46:21

Speed: 12.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 78 (of 153)

Rank in course/Men: 76 (of 129)

Best time in course: 31:30

Rank in category: 10(of 18)

Best time in the category: 33:15

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total    |       | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|----------|-------|-----------------|-------------|----------------|---------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km       | Time  |                 |             |                | Pos<br>Men    | Behind<br>Men |
| Lap 1           | 1.29        | 5:36          | 4:20            | 10          | 1:28           | 80          | 4:29          | 1.29     | 5:36  | 4:20            | 8           | 0:21           | 92            | 1:03          |
| Lap 2           | 2,075.00    | 9:27          | 0:00            | 10          | 2:30           | 81          | 6:38          | 2,076.29 | 15:03 | 0:00            | 8           | 0:45           | 91            | 4:30          |
| Lap 3           | 2,075.00    | 9:42          | 0:00            | 10          | 2:44           | 80          | 6:42          | 4,151.29 | 24:45 | 0:00            | 8           | 1:19           | 92            | 7:12          |
| Lap 4           | 2,075.00    | 10:04         | 0:00            | 10          | 3:12           | 86          | 9:36          | 6,226.29 | 34:49 | 0:00            | 8           | 2:03           | 27            | 10:16         |
| Lap 5           | 2,075.00    | 9:49          | 0:00            | 8           | 2:57           | 72          | 5:49          | 8,301.29 | 44:38 | 0:00            | 8           | 2:48           | 88            | 8:05          |
| Last lap Finish | 411.00      | 1:43          | 0:00            | 4           | 0:15           | 34          | 0:24          | 10.00    | 46:21 | 4:38            | 10          | 13:06          | 76            | 14:51         |