



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 km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | | Total ranking | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|---------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind 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 |