



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Schwager, Martin

Club: Greußen
Number: 368

Course: 10.00 km
Köstritzer Lauf

Category:
Männer M20

Total time: 46:27

Speed: 12.92 km/h
Running performance: 4:38 min/km

Rank in course/Total: 81 (of 153)

Rank in course/Men: 79 (of 129)

Best time in course: 31:30

Rank in category: 28(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 | 5:47 | 4:28 | 28 | 1:54 | 86 | 4:40 | 1.29 | 5:47 | 4:28 | 6 | 1:40 | 93 | 1:14 |
| Lap 2 | 2,075.00 | 9:28 | 0:00 | 27 | 3:39 | 82 | 6:39 | 2,076.29 | 15:15 | 0:00 | 6 | 5:19 | 93 | 4:42 |
| Lap 3 | 2,075.00 | 9:41 | 0:00 | 26 | 5:20 | 77 | 6:41 | 4,151.29 | 24:56 | 0:00 | 6 | 10:39 | 93 | 7:23 |
| Lap 4 | 2,075.00 | 9:53 | 0:00 | 27 | 9:25 | 78 | 9:25 | 6,226.29 | 34:49 | 0:00 | 6 | 20:04 | 27 | 10:16 |
| Lap 5 | 2,075.00 | 9:48 | 0:00 | 24 | 3:18 | 70 | 5:48 | 8,301.29 | 44:37 | 0:00 | 6 | 19:52 | 91 | 8:04 |
| Last lap Finish | 411.00 | 1:50 | 0:00 | 25 | 0:31 | 54 | 0:31 | 10.00 | 46:27 | 4:38 | 28 | 14:57 | 79 | 14:57 |