



# 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