



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Nehrig, Michael

Club: Dornheim

Number: 371

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:05:13

Speed: 9.20 km/h

Running performance: 06:31 min/km

Rank in course/Total: 74 (of 93)

Rank in course/Men: 64 (of 79)

Best time in course: 33:15

Rank in category: 10(of 11)

Best time in the category: 41:25

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	7:32	5:50	10	2:28	67	3:19	1.29	7:32	5:50	10	1:59	23	2:03
Lap 2	2.08	12:57	6:13	10	4:34	69	8:31	3.37	20:29	6:04	10	5:37	24	4:44
Lap 3	2.08	13:40	6:34	10	5:03	66	9:14	5.45	34:09	6:15	9	12:05	30	7:43
Lap 4	2.08	14:52	7:08	10	6:04	64	10:26	7.53	49:01	6:30	9	18:09	29	10:56
Lap 5	2.08	13:26	6:27	10	13:26	58	13:26	9.61	1:02:27	6:29	9	22:45	28	11:31
Last lap Finish	0.41	2:46	6:44	9	1:03	58	1:17	10.00	1:05:13	6:31	10	23:48	64	31:58