



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Nehrig, Marko

Club: KS-Sportsworld

Number: 378

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 56:09

Speed: 10.69 km/h

Running performance: 5:37 min/km

Rank in course/Total: 90 (of 104)

Rank in course/Men: 76 (of 85)

Best time in course: 35:37

Rank in category: 13(of 14)

Best time in the category: 35:37

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	1.70	9:43	5:42	14	4:02	82	4:02	1.70	9:43	5:42	13	4:02	29	2:00
Lap 2	2.34	13:46	5:52	14	5:19	82	5:19	4.04	23:29	5:48	13	9:21	31	4:05
Lap 3	2.34	13:30	5:46	14	5:04	78	5:04	6.38	36:59	5:47	13	14:25	28	6:07
Lap 4	2.34	12:52	5:29	11	4:25	70	4:25	8.72	49:51	5:43	13	18:50	30	7:56
Last lap Finish	1.28	6:18	4:55	12	1:42	59	1:42	10.00	56:09	5:36	13	20:32	76	20:32