



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Nehrig, Michael

Club: KS-Sportsworld

Number: 376

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 56:51

Speed: 10.55 km/h

Running performance: 5:41 min/km

Rank in course/Total: 92 (of 104)

Rank in course/Men: 78 (of 85)

Best time in course: 35:37

Rank in category: 7(of 7)

Best time in the category: 40:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	9:43	5:42	7	3:10	82	4:02	1.70	9:43	5:42	7	3:10	29	2:00
Lap 2	2.34	13:45	5:52	7	4:17	80	5:18	4.04	23:28	5:48	7	7:27	29	4:04
Lap 3	2.34	13:31	5:46	7	4:00	79	5:05	6.38	36:59	5:47	7	11:27	28	6:07
Lap 4	2.34	13:06	5:35	6	3:28	74	4:39	8.72	50:05	5:44	7	14:55	28	8:10
Last lap Finish	1.28	6:46	5:17	6	1:29	68	2:10	10.00	56:51	5:41	7	16:15	78	21:14