



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 |