



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Nehrig, Marko

Club: KS Sportsworld

Number: 290

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 48:31

Speed: 12.37 km/h

Running performance: 4:51 min/km

Rank in course/Total: 47 (of 103)

Rank in course/Men: 43 (of 80)

Best time in course: 31:54

Rank in category: 9(of 14)

Best time in the category: 31:54

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.70	7:54	4:38	10	2:55	54	2:55	1.70	7:54	4:38	10	2:55	17	0:17	
Lap 2	2.34	11:39	4:58	10	4:13	47	4:13	4.04	19:33	4:50	10	7:08	13		
Lap 3	2.34	11:27	4:53	8	3:49	40	3:49	6.38	31:00	4:51	9	10:57	17		
Lap 4	2.34	11:28	4:54	8	3:52	37	3:52	8.72	42:28	4:52	9	14:49	17		
Last lap Finish	1.30	6:03	4:39	9	1:48	39	1:48	10.00	48:31	4:51	9	16:37	43	16:37	