



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Nehrig, Michael

Club: Ks Sportsworld

Number: 289

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 54:10

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 73 (of 103)

Rank in course/Men: 65 (of 80)

Best time in course: 31:54

Rank in category: 6(of 8)

Best time in the category: 41:19

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	8:36	5:03	8	1:56	73	3:37	1.70	8:36	5:03	6	1:56	36	0:59	
Lap 2	2.34	12:56	5:31	6	3:12	70	5:30	4.04	21:32	5:19	6	5:08	35	1:43	
Lap 3	2.34	12:51	5:29	6	3:08	65	5:13	6.38	34:23	5:23	6	8:16	35	3:13	
Lap 4	2.34	12:47	5:27	6	2:57	63	5:11	8.72	47:10	5:24	6	11:13	35	3:39	
Last lap Finish	1.30	7:00	5:23	6	1:38	59	2:45	10.00	54:10	5:24	6	12:51	65	22:16	