



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Nehrig, Marko

Club: KS-Sportsworld

Number: 357

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 49:47

Speed: 12.05 km/h

Running performance: 4:59 min/km

Rank in course/Total: 79 (of 127)

Rank in course/Men: 75 (of 105)

Best time in course: 34:06

Rank in category: 15(of 22)

Best time in the category: 35:59

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	1.67	8:14	4:55	19	2:45	90	2:50	1.67	8:14	4:55	19	2:45	90	2:50
Lap 2	2.35	11:47	5:00	18	3:24	85	3:45	4.02	20:01	4:58	18	6:09	87	6:35
Lap 3	2.35	11:50	5:02	14	3:10	72	4:15	6.37	31:51	5:00	16	9:19	85	10:21
Lap 4	2.35	11:48	5:01	13	3:10	68	3:41	8.72	43:39	5:00	15	12:29	80	14:02
Last lap Finish	1.28	6:08	4:47	10	1:19	52	1:47	10.00	49:47	4:58	15	13:48	75	15:41