



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Nehrig, Michael

Club: KS-Sportsworld / SV02 Arnstadt
Number: 358

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 53:58

Speed: 11.12 km/h
Running performance: 5:24 min/km

Rank in course/Total: 108 (of 127)

Rank in course/Men: 97 (of 105)

Best time in course: 34:06

Rank in category: 4(of 4)

Best time in the category: 45:15

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	1.67	8:56	5:20	4	1:33	103	3:32	1.67	8:56	5:20	4	1:33	103	3:32
Lap 2	2.35	12:46	5:25	4	2:04	98	4:44	4.02	21:42	5:23	4	3:37	101	8:16
Lap 3	2.35	12:43	5:24	4	2:02	93	5:08	6.37	34:25	5:24	4	5:39	98	12:55
Lap 4	2.35	12:37	5:22	4	2:00	90	4:30	8.72	47:02	5:23	4	7:39	97	17:25
Last lap Finish	1.28	6:56	5:25	4	1:04	85	2:35	10.00	53:58	5:23	4	8:43	97	19:52