



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Nehrig, Marko

Club: Ks Sportsworld
Number: 274

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 45:19

Speed: 13.24 km/h
Running performance: 4:32 min/km

Rank in course/Total: 27 (of 84)

Rank in course/Men: 25 (of 61)

Best time in course: 37:26

Rank in category: 7(of 14)

Best time in the category: 40:05

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	7:44	4:37	10	1:43	42	1:43	1.67	7:44	4:37	10	1:43	42	1:43	
Lap 2	2.35	10:35	4:30	7	1:23	25	1:35	4.02	18:19	4:33	8	3:06	30	3:13	
Lap 3	2.35	10:36	4:30	6	0:58	20	1:38	6.37	28:55	4:32	7	4:04	27	4:42	
Lap 4	2.35	10:48	4:35	6	0:56	23	1:56	8.72	39:43	4:33	7	5:00	26	6:37	
Last lap Finish	1.28	5:36	4:22	6	0:43	20	1:16	10.00	45:19	4:31	7	5:14	25	7:53	