



## 26. Arnstädter Citylauf

Arnstadt / 30.04.2016

### Detailed evaluation

#### Prasser, Niels

Club: SG motor Arnstadt

Number: 39

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 14:27

Speed: 12.46 km/h

Running performance: 4:49 min/km

Rank in course/Total: 14 (of 39)

Rank in course/Men: 11 (of 21)

Best time in course: 11:59

Rank in category: 1(of 1)

Best time in the category: 14:27

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.72	8:30	4:56	1	-	12	1:28	1.72	8:30	4:56	1	-	12	1:28
Last lap Finish	1.28	5:57	4:38	1	-	9	1:00	3.00	14:27	4:48	1	-	11	2:28