



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Nehrig, Michael

Club: kS-Sportsworld
Number: 275

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 55:00

Speed: 10.91 km/h
Running performance: 5:30 min/km

Rank in course/Total: 73 (of 84)

Rank in course/Men: 58 (of 61)

Best time in course: 37:26

Rank in category: 4(of 5)

Best time in the category: 41:40

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	9:08	5:28	5	2:32	61	3:07	1.67	9:08	5:28	5	2:32	61	3:07
Lap 2	2.35	13:07	5:34	4	3:26	59	4:07	4.02	22:15	5:32	4	5:58	60	7:09
Lap 3	2.35	12:58	5:31	4	2:57	55	4:00	6.37	35:13	5:31	4	8:55	59	11:00
Lap 4	2.35	13:03	5:33	4	3:03	55	4:11	8.72	48:16	5:32	4	11:58	58	15:10
Last lap Finish	1.28	6:44	5:15	4	1:22	51	2:24	10.00	55:00	5:30	4	13:20	58	17:34