



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Prassel, Niels

Club: SG Motor Arnstadt

Number: 30

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 14:32

Speed: 12.39 km/h

Running performance: 4:50 min/km

Rank in course/Total: 11 (of 34)

Rank in course/Men: 8 (of 18)

Best time in course: 10:34

Rank in category: 1(of 1)

Best time in the category: 14:32

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	8:09	4:44	1	-	8	2:10	1.72	8:09	4:44	1	-	8	2:10
Last lap Finish	1.28	6:23	4:59	1	-	11	1:48	3.00	14:32	4:50	1	-	8	3:58