



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Nehrig, Marko

Club: KS Sportsworld

Number: 302

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 44:24

Speed: 13.51 km/h

Running performance: 4:26 min/km

Rank in course/Total: 18 (of 96)

Rank in course/Men: 17 (of 62)

Best time in course: 35:39

Rank in category: 3(of 15)

Best time in the category: 38:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	6:42	4:00	3	0:47	15	1:11	1.67	6:42	4:00	3	0:47	15	1:11
Lap 2	2.35	10:01	4:15	3	0:56	13	1:44	4.02	16:43	4:09	3	1:43	13	2:55
Lap 3	2.35	10:27	4:26	3	1:18	13	1:56	6.37	27:10	4:15	3	3:01	14	4:51
Lap 4	2.35	10:22	4:24	3	1:18	10	1:49	8.72	37:32	4:18	3	4:19	12	6:40
Last lap Finish	1.28	6:52	5:21	12	1:38	37	2:05	10.00	44:24	4:26	3	5:57	17	8:45