



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

NAGEL, Benjamin

Club: N3

Number: 233

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 48:12

Speed: 12.45 km/h

Running performance: 4:49 min/km

Rank in course/Total: 29 (of 96)

Rank in course/Men: 26 (of 62)

Best time in course: 35:39

Rank in category: 6(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	7:15	4:20	6	1:20	25	1:44	1.67	7:15	4:20	6	1:20	25	1:44	
Lap 2	2.35	11:11	4:45	5	2:06	24	2:54	4.02	18:26	4:35	6	3:26	25	4:38	
Lap 3	2.35	11:38	4:57	7	2:29	26	3:07	6.37	30:04	4:43	6	5:55	25	7:45	
Lap 4	2.35	11:39	4:57	6	2:35	25	3:06	8.72	41:43	4:47	7	8:30	26	10:51	
Last lap Finish	1.28	6:29	5:03	6	1:15	25	1:42	10.00	48:12	4:49	6	9:45	26	12:33	