



# 28. Arnstädter Citylauf

Arnstadt / 28.04.2018

## Detailed evaluation

**Nehrig, Michael**

Club: KS Sportsworld

Number: 301

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 58:52

Speed: 10.19 km/h

Running performance: 5:53 min/km

Rank in course/Total: 73 (of 96)

Rank in course/Men: 55 (of 62)

Best time in course: 35:39

Rank in category: 5(of 5)

Best time in the category: 51:54

### 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	9:34	5:43	5	1:21	59	4:03	1.67	9:34	5:43	5	1:21	59	4:03
Lap 2	2.35	13:51	5:53	5	1:47	57	5:34	4.02	23:25	5:49	5	3:08	59	9:37
Lap 3	2.35	13:56	5:55	5	1:42	55	5:25	6.37	37:21	5:51	5	4:50	56	15:02
Lap 4	2.35	13:45	5:51	4	1:26	52	5:12	8.72	51:06	5:51	5	6:09	54	20:14
Last lap Finish	1.28	7:46	6:04	4	1:04	57	2:59	10.00	58:52	5:53	5	6:58	55	23:13