



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 | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | 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 |