



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Prasser, Niels

Club: SG Motor Arnstadt

Number: 24

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 14:53

Speed: 12.09 km/h

Running performance: 4:58 min/km

Rank in course/Total: 19 (of 39)

Rank in course/Men: 12 (of 16)

Best time in course: 11:37

Rank in category: 1(of 1)

Best time in the category: 14:53

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	8:11	4:45	1	-	11	1:46	1.72	8:11	4:45	1	-	11	1:46
Last lap Finish	1.28	6:42	5:14	1	-	12	1:30	3.00	14:53	4:57	1	-	12	3:16