



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Nimmow, Marvin**

Club: R¥DE

Number: 204

Course: 10.00 km

10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 53:43

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 46 (of 68)

Rank in course/Men: 38 (of 52)

Best time in course: 36:20

Rank in category: 2(of 4)

Best time in the category: 41:22

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	8:04	4:49	2	2:13	36	2:26	1.67	8:04	4:49	2	2:13	36	2:26
Lap 2	2.35	12:41	5:23	2	2:56	39	3:59	4.02	20:45	5:09	2	5:09	39	6:25
Lap 3	2.35	13:14	5:37	3	3:16	43	4:34	6.37	33:59	5:20	2	8:25	40	10:59
Lap 4	2.35	13:00	5:31	2	2:46	38	4:18	8.72	46:59	5:23	2	11:11	40	15:17
Last lap Finish	1.28	6:44	5:15	2	1:10	33	2:06	10.00	53:43	5:22	2	12:21	38	17:23