



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Schrickel, Andre

Club: WSV-Ilmenau

Number: 218

Course: 5.00 km

sunways 5-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 20:49

Speed: 14.41 km/h

Running performance: 04:10 min/km

Rank in course/Total: 11 (of 76)

Rank in course/Men: 9 (of 45)

Best time in course: 17:06

Rank in category: 4(of 7)

Best time in the category: 17:06

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	0.44	1:41	3:49	4	0:14	11	0:14	0.44	1:41	3:49	4	0:14	32		
Lap 2	2.08	8:27	4:03	4	1:35	8	1:35	2.52	10:08	4:01	4	1:49	32		
Lap 3	2.08	8:51	4:15	4	1:33	9	1:33	4.60	18:59	4:07	4	3:22	31		
Last lap Finish	0.41	1:50	4:28	4	0:21	13	0:26	5.00	20:49	4:09	4	3:43	9	3:43	