



# 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

## Detailed evaluation

Schrickel, Stefan

Club: sunways  
Number: 201

Course: 5.00 km  
sunways 5-km-Lauf

Category:  
Männer (20-29 Jahre)

Total time: 23:00

Speed: 13.04 km/h  
Running performance: 04:36 min/km

Rank in course/Total: 18 (of 76)

Rank in course/Men: 14 (of 45)

Best time in course: 17:06

Rank in category: 3(of 9)

Best time in the category: 17:45

### 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     | 2:00       | 4:32         | 6        | 0:29        | 21          | 0:33       | 0.44          | 2:00       | 4:32         | 2        | 0:29        | 36      |            |
| Lap 2           | 2.08     | 9:23       | 4:30         | 4        | 2:18        | 15          | 2:31       | 2.52          | 11:23      | 4:31         | 2        | 2:47        | 36      |            |
| Lap 3           | 2.08     | 10:08      | 4:52         | 3        | 2:23        | 15          | 2:50       | 4.60          | 21:31      | 4:40         | 2        | 5:10        | 35      |            |
| Last lap Finish | 0.41     | 1:29       | 3:37         | 2        | 0:05        | 2           | 0:05       | 5.00          | 23:00      | 4:35         | 3        | 5:15        | 14      | 5:54       |