



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |  |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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          |  |