



# 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	