



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Schrickel, Andre

Club: WSV Ilmenau

Number: 381

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 42:33

Speed: 14.10 km/h

Running performance: 4:16 min/km

Rank in course/Total: 27 (of 104)

Rank in course/Men: 27 (of 85)

Best time in course: 35:37

Rank in category: 3(of 7)

Best time in the category: 40:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.70	6:46	3:58	3	0:13	31	1:05	1.70	6:46	3:58	3	0:13	80		
Lap 2	2.34	9:59	4:15	3	0:31	26	1:32	4.04	16:45	4:08	3	0:44	80		
Lap 3	2.34	10:06	4:18	3	0:35	26	1:40	6.38	26:51	4:12	3	1:19	80		
Lap 4	2.34	10:11	4:21	3	0:33	30	1:44	8.72	37:02	4:14	3	1:52	79		
Last lap Finish	1.28	5:31	4:18	3	0:14	31	0:55	10.00	42:33	4:15	3	1:57	27	6:56	