



# 25. Arnstädter Citylauf

Arnstadt / 25.04.2015

## Detailed evaluation

Schrickel, Andre

Club: WSV-Ilmenau

Number: 373

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 42:59

Speed: 13.96 km/h

Running performance: 4:18 min/km

Rank in course/Total: 30 (of 127)

Rank in course/Men: 30 (of 105)

Best time in course: 34:06

Rank in category: 3(of 11)

Best time in the category: 41:26

### 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           | 1.67        | 6:46          | 4:03            | 4           | 0:13           | 38          | 1:22          | 1.67          | 6:46          | 4:03            | 4           | 0:13           | 38         | 1:22          |  |
| Lap 2           | 2.35        | 10:04         | 4:17            | 3           | 0:24           | 32          | 2:02          | 4.02          | 16:50         | 4:11            | 3           | 0:37           | 34         | 3:24          |  |
| Lap 3           | 2.35        | 10:12         | 4:20            | 3           | 0:27           | 29          | 2:37          | 6.37          | 27:02         | 4:14            | 3           | 1:04           | 33         | 5:32          |  |
| Lap 4           | 2.35        | 10:17         | 4:22            | 3           | 0:23           | 30          | 2:10          | 8.72          | 37:19         | 4:16            | 3           | 1:27           | 30         | 7:42          |  |
| Last lap Finish | 1.28        | 5:40          | 4:25            | 4           | 0:11           | 27          | 1:19          | 10.00         | 42:59         | 4:17            | 3           | 1:33           | 30         | 8:53          |  |