



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 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	1.67	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	