



# 26. Arnstädter Citylauf

Arnstadt / 30.04.2016

## Detailed evaluation

Schrickel, Andre

Club: WSV-Ilmenau

Number: 235

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 42:37

Speed: 14.08 km/h

Running performance: 4:16 min/km

Rank in course/Total: 17 (of 84)

Rank in course/Men: 16 (of 61)

Best time in course: 37:26

Rank in category: 4(of 8)

Best time in the category: 37:29

### 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       |               | Total           |             | Total          |            | 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        | 6:54          | 4:07            | 4           | 0:39           | 22          | 0:53          | 1.67        | 6:54          | 4:07            | 4           | 0:39           | 22         | 0:53          |  |
| Lap 2           | 2.35        | 9:50          | 4:11            | 4           | 0:50           | 13          | 0:50          | 4.02        | 16:44         | 4:09            | 4           | 1:29           | 17         | 1:38          |  |
| Lap 3           | 2.35        | 10:10         | 4:19            | 4           | 1:12           | 15          | 1:12          | 6.37        | 26:54         | 4:13            | 4           | 2:41           | 16         | 2:41          |  |
| Lap 4           | 2.35        | 10:14         | 4:21            | 4           | 1:21           | 13          | 1:22          | 8.72        | 37:08         | 4:15            | 4           | 4:02           | 16         | 4:02          |  |
| Last lap Finish | 1.28        | 5:29          | 4:17            | 4           | 1:06           | 18          | 1:09          | 10.00       | 42:37         | 4:15            | 4           | 5:08           | 16         | 5:11          |  |