



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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	