



# 29. Arnstädter Citylauf

Arnstadt / 27.04.2019

## Detailed evaluation

Schrickel, Andre

Club: WSV Ilmenau

Number: 194

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 22:39

Speed: 13.25 km/h

Running performance: 4:32 min/km

Rank in course/Total: 12 (of 52)

Rank in course/Men: 12 (of 34)

Best time in course: 18:08

Rank in category: 1(of 1)

Best time in the category: 22:39

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.38	5:45	4:10	1	-	13	1:13	1.38	5:45	4:10	1	-	13	1:13	
Lap 2	2.34	10:45	4:35	1	-	12	2:05	3.72	16:30	4:26	1	-	12	3:18	
Last lap Finish	1.28	6:09	4:48	1	-	13	1:13	5.00	22:39	4:31	1	-	12	4:31	