



# 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<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           | 1.38        | 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          |  |