



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Schrickel, Andre

Club: WSV Ilmenau
Number: 15

Course: 5.00 km
5-km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 23:26

Speed: 12.80 km/h
Running performance: 4:41 min/km

Rank in course/Total: 6 (of 29)

Rank in course/Men: 6 (of 17)

Best time in course: 17:20

Rank in category: 1(of 1)

Best time in the category: 23:26

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	6:14	4:31	1	-	6	1:49	1.38	6:14	4:31	1	-	6	1:49
Lap 2	2.34	11:09	4:45	1	-	6	2:54	3.72	17:23	4:40	1	-	6	4:42
Last lap Finish	1.28	6:03	4:43	1	-	6	1:24	5.00	23:26	4:41	1	-	6	6:06