



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Schrickel, André

Club: WSV-Ilmenau

Number: 98

Course: 5.00 km

5-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 23:39

Speed: 12.68 km/h

Running performance: 4:44 min/km

Rank in course/Total: 9 (of 30)

Rank in course/Men: 8 (of 20)

Best time in course: 20:08

Rank in category: 1(of 1)

Best time in the category: 23:39

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	6:15	4:31	1	-	8	0:46	1.38	6:15	4:31	1	-	8	0:46
Lap 2	2.34	11:10	4:46	1	-	6	1:40	3.72	17:25	4:40	1	-	5	2:26
Last lap Finish	1.28	6:14	4:52	1	-	8	1:05	5.00	23:39	4:43	1	-	8	3:31