



# 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

## Detailed evaluation

**Täschner, Marcel**

Club: Erfurt  
Number: 309

Course: 10.00 km  
Die Schwenninger 10-km-Lauf

Category:  
Männer (20-29 Jahre)

Total time: 55:05

Speed: 10.89 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 87 (of 104)

Rank in course/Men: 74 (of 85)

Best time in course: 35:37

Rank in category: 12(of 14)

Best time in the category: 35:37

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time					
Lap 1	1.70	9:02	5:18	11	3:21	76	3:21	1.70	9:02	5:18	12	3:21	33	1:19
Lap 2	2.34	13:13	5:38	11	4:46	75	4:46	4.04	22:15	5:30	12	8:07	33	2:51
Lap 3	2.34	13:17	5:40	11	4:51	72	4:51	6.38	35:32	5:34	12	12:58	32	4:40
Lap 4	2.34	13:02	5:34	13	4:35	73	4:35	8.72	48:34	5:34	12	17:33	32	6:39
Last lap Finish	1.28	6:31	5:05	13	1:55	64	1:55	10.00	55:05	5:30	12	19:28	74	19:28