



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Täschner, Marcel

Club: Physiotherapie am Kreuz GbR
Number: 261

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 50:00

Speed: 12.00 km/h
Running performance: 5:00 min/km

Rank in course/Total: 54 (of 103)

Rank in course/Men: 49 (of 80)

Best time in course: 31:54

Rank in category: 10(of 14)

Best time in the category: 31:54

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			Men	Men								km
Lap 1	1.70	8:00	4:42	12	3:01	61	3:01	1.70	8:00	4:42	11	3:01	12	0:23
Lap 2	2.34	11:49	5:02	11	4:23	52	4:23	4.04	19:49	4:54	11	7:24	1	-
Lap 3	2.34	12:06	5:10	10	4:28	50	4:28	6.38	31:55	5:00	10	11:52	12	0:45
Lap 4	2.34	12:05	5:09	9	4:29	51	4:29	8.72	44:00	5:02	10	16:21	12	0:29
Last lap Finish	1.30	6:00	4:36	7	1:45	34	1:45	10.00	50:00	5:00	10	18:06	49	18:06