



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	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
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	