



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Täschner, Marcel

Club: Erfurt
Number: 383

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 51:16

Speed: 11.70 km/h
Running performance: 5:08 min/km

Rank in course/Total: 93 (of 127)

Rank in course/Men: 84 (of 105)

Best time in course: 34:06

Rank in category: 16(of 22)

Best time in the category: 35:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	8:05	4:50	16	2:36	85	2:41	1.67	8:05	4:50	16	2:36	85	2:41	
Lap 2	2.35	11:29	4:53	15	3:06	70	3:27	4.02	19:34	4:52	16	5:42	84	6:08	
Lap 3	2.35	11:58	5:05	15	3:18	77	4:23	6.37	31:32	4:57	15	9:00	80	10:02	
Lap 4	2.35	12:43	5:24	20	4:05	92	4:36	8.72	44:15	5:04	16	13:05	85	14:38	
Last lap Finish	1.28	7:01	5:28	18	2:12	89	2:40	10.00	51:16	5:07	16	15:17	84	17:10	