



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Täschner, Lars

Club: Arnstadt

Number: 61

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 49:04

Speed: 12.23 km/h

Running performance: 4:55 min/km

Rank in course/Total: 38 (of 72)

Rank in course/Men: 35 (of 57)

Best time in course: 36:38

Rank in category: 9(of 14)

Best time in the category: 37:12

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	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	7:31	4:30	8	1:42	36	1:43	1.67	7:31	4:30	8	1:42	36	1:43	
Lap 2	2.35	11:15	4:47	7	2:35	31	2:40	4.02	18:46	4:40	7	4:17	32	4:23	
Lap 3	2.35	11:40	4:57	7	2:46	30	2:59	6.37	30:26	4:46	7	7:03	32	7:22	
Lap 4	2.35	11:59	5:05	9	2:57	33	3:18	8.72	42:25	4:51	8	10:00	33	10:40	
Last lap Finish	1.28	6:39	5:11	9	1:52	37	1:53	10.00	49:04	4:54	9	11:52	35	12:26	