



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Täschner, Marcel

Club: Physiotherapie Praxis Schmidt
Number: 41

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 48:58

Speed: 12.25 km/h
Running performance: 4:54 min/km

Rank in course/Total: 37 (of 72)

Rank in course/Men: 34 (of 57)

Best time in course: 36:38

Rank in category: 8(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	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	7:39	4:34	9	1:50	39	1:51	1.67	7:39	4:34	9	1:50	39	1:51	
Lap 2	2.35	11:41	4:58	10	3:01	37	3:06	4.02	19:20	4:48	9	4:51	37	4:57	
Lap 3	2.35	11:46	5:00	9	2:52	32	3:05	6.37	31:06	4:52	9	7:43	36	8:02	
Lap 4	2.35	11:43	4:59	6	2:41	27	3:02	8.72	42:49	4:54	9	10:24	36	11:04	
Last lap Finish	1.28	6:09	4:48	6	1:22	22	1:23	10.00	48:58	4:53	8	11:46	34	12:20	