



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Täschner, Lars**

Club: Arnstadt

Number: 218

Course: 10.00 km

10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 55:13

Speed: 10.87 km/h

Running performance: 5:31 min/km

Rank in course/Total: 52 (of 68)

Rank in course/Men: 42 (of 52)

Best time in course: 36:20

Rank in category: 11(of 11)

Best time in the category: 36:20

### 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	1.67	7:32	4:30	8	1:54	32	1:54	1.67	7:32	4:30	8	1:54	32	1:54	
Lap 2	2.35	11:38	4:57	8	2:56	27	2:56	4.02	19:10	4:46	8	4:50	30	4:50	
Lap 3	2.35	12:10	5:10	9	3:30	32	3:30	6.37	31:20	4:55	8	8:20	27	8:20	
Lap 4	2.35	12:50	5:27	10	4:08	36	4:08	8.72	44:10	5:03	8	12:28	31	12:28	
Last lap Finish	1.28	11:03	8:37	11	6:25	52	6:25	10.00	55:13	5:31	11	18:53	42	18:53	