



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Täschner, Marcel

Club: Erfurt
Number: 190

Course: 10.00 km
10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 52:57

Speed: 11.33 km/h
Running performance: 5:18 min/km

Rank in course/Total: 43 (of 68)

Rank in course/Men: 36 (of 52)

Best time in course: 36:20

Rank in category: 9(of 11)

Best time in the category: 36:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men				
Lap 1	1.67	8:10	4:53	11	2:32	40	2:32	1.67	8:10	4:53	11	2:32	40	2:32			
Lap 2	2.35	12:28	5:18	10	3:46	36	3:46	4.02	20:38	5:07	10	6:18	37	6:18			
Lap 3	2.35	13:00	5:31	10	4:20	38	4:20	6.37	33:38	5:16	10	10:38	37	10:38			
Lap 4	2.35	12:35	5:21	8	3:53	33	3:53	8.72	46:13	5:18	10	14:31	37	14:31			
Last lap Finish	1.28	6:44	5:15	9	2:06	33	2:06	10.00	52:57	5:17	9	16:37	36	16:37			