



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Röder, Stefan

Club: MTB-Thüringen.de

Number: 406

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 43:35

Speed: 13.77 km/h

Running performance: 4:22 min/km

Rank in course/Total: 34 (of 127)

Rank in course/Men: 33 (of 105)

Best time in course: 34:06

Rank in category: 4(of 15)

Best time in the category: 39:25

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	7:07	4:15	7	1:22	54	1:43	1.67	7:07	4:15	7	1:22	54	1:43
Lap 2	2.35	10:18	4:22	4	1:12	39	2:16	4.02	17:25	4:19	6	2:34	47	3:59
Lap 3	2.35	10:21	4:24	4	0:51	33	2:46	6.37	27:46	4:21	5	3:25	42	6:16
Lap 4	2.35	10:10	4:19	3	0:29	26	2:03	8.72	37:56	4:21	4	3:54	35	8:19
Last lap Finish	1.28	5:39	4:24	3	0:22	26	1:18	10.00	43:35	4:21	4	4:10	33	9:29