



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Röder, Stefan

Club: MTB-Thüringen.de
Number: 262

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 41:29

Speed: 14.46 km/h
Running performance: 4:09 min/km

Rank in course/Total: 10 (of 84)

Rank in course/Men: 9 (of 61)

Best time in course: 37:26

Rank in category: 1(of 9)

Best time in the category: 41:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		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	6:47	4:03	2	0:05	15	0:46	1.67	6:47	4:03	2	0:05	15	0:46
Lap 2	2.35	9:47	4:09	1	-	11	0:47	4.02	16:34	4:07	2	0:03	14	1:28
Lap 3	2.35	9:45	4:08	1	-	6	0:47	6.37	26:19	4:07	2	0:02	13	2:06
Lap 4	2.35	9:51	4:11	1	-	3	0:59	8.72	36:10	4:08	1	-	7	3:04
Last lap Finish	1.28	5:19	4:09	2	0:05	11	0:59	10.00	41:29	4:08	1	-	9	4:03