



# 27. Arnstädter Citylauf

Arnstadt / 29.04.2017

## Detailed evaluation

**RÖDER, Stefan**

Club: Die Schwenninger Krankenkasse  
Number: 224

Course: 10.00 km  
n3 10-km-Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 40:01

Speed: 14.99 km/h  
Running performance: 4:00 min/km

Rank in course/Total: 8 (of 62)

Rank in course/Men: 8 (of 45)

Best time in course: 31:41

Rank in category: 2(of 7)

Best time in the category: 36:06

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Lap 1	1.67	6:29	3:52	3	11	0:48	1:28	1.67	6:29	3:52	3	11	0:48	1:28
Lap 2	2.35	9:24	4:00	2	6	0:56	1:54	4.02	15:53	3:57	2	8	1:44	3:22
Lap 3	2.35	9:28	4:01	3	8	0:53	1:55	6.37	25:21	3:58	3	9	2:37	5:17
Lap 4	2.35	9:34	4:04	2	6	0:56	2:02	8.72	34:55	4:00	2	8	3:33	7:19
Last lap Finish	1.28	5:06	3:59	3	7	0:22	1:01	10.00	40:01	4:00	2	8	3:55	8:20