



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