



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Röder, Stefan

Club: Die Schwenninger Krankenkasse
Number: 36

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 41:29

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

Rank in course/Total: 7 (of 72)

Rank in course/Men: 7 (of 57)

Best time in course: 36:38

Rank in category: 1(of 6)

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	6:16	3:45	1	-	6	0:28	1.67	6:16	3:45	1	-	6	0:28
Lap 2	2.35	9:35	4:04	1	-	7	1:00	4.02	15:51	3:56	1	-	7	1:28
Lap 3	2.35	9:58	4:14	1	-	7	1:17	6.37	25:49	4:03	1	-	7	2:45
Lap 4	2.35	10:01	4:15	1	-	6	1:20	8.72	35:50	4:06	1	-	7	4:05
Last lap Finish	1.28	5:39	4:24	1	-	6	0:53	10.00	41:29	4:08	1	-	7	4:51