



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Föt, Sören

Club: SC impuls erfurt  
Number: 278

Course: 10.00 km  
Hauptlauf

Category:  
Männer (20-29 Jahre)

Total time: 36:06

Speed: 16.62 km/h  
Running performance: 3:37 min/km

Rank in course/Total: 1 (of 114)

Rank in course/Men: 1 (of 95)

Best time in course: 36:06

Rank in category: 1(of 13)

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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	2.30	7:46	3:22	1	-	1	-	2.30	7:46	3:22	1	-	69	
Lap 2	3.80	14:53	3:54	1	-	2	0:15	6.10	22:39	3:42	1	-	85	
Last lap Finish	3.90	13:27	3:26	1	-	2	0:05	10.00	36:06	3:36	1	-	1	-