



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Heinz, Philipp

Club: Erfurt
Number: 243

Course: 10.00 km
Hauptlauf

Category:
Männer (20-29 Jahre)

Total time: 37:11

Speed: 16.14 km/h
Running performance: 3:43 min/km

Rank in course/Total: 4 (of 114)

Rank in course/Men: 4 (of 95)

Best time in course: 36:06

Rank in category: 2(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.	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	2.30	7:46	3:22	1	-	1	-	2.30	7:46	3:22	1	-	69	
Lap 2	3.80	15:01	3:57	2	0:08	4	0:23	6.10	22:47	3:44	2	0:08	70	
Last lap Finish	3.90	14:24	3:41	2	0:57	4	1:02	10.00	37:11	3:43	2	1:05	4	1:05