



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Widenka, Martin

Club: thomascook.de
Number: 204

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 40:38

Speed: 14.77 km/h
Running performance: 4:04 min/km

Rank in course/Total: 12 (of 114)

Rank in course/Men: 12 (of 95)

Best time in course: 36:06

Rank in category: 2(of 11)

Best time in the category: 38:19

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	8:08	3:32	1	-	6	0:22	2.30	8:08	3:32	2			62	
Lap 2	3.80	16:47	4:25	2	1:18	15	2:09	6.10	24:55	4:05	2	1:15		62	
Last lap Finish	3.90	15:43	4:01	2	1:04	12	2:21	10.00	40:38	4:03	2	2:19		12	4:32