



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Herzberg, Anna

Club: KS Sportsworld
Number: 96

Course: 10.00 km
Hauptlauf

Category:
Frauen (20-29 Jahre)

Total time: 41:01

Speed: 14.63 km/h
Running performance: 4:06 min/km

Rank in course/Total: 13 (of 114)

Rank in course/Women: 1 (of 19)

Best time in course: 41:01

Rank in category: 1(of 6)

Best time in the category: 41:01

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	2.30	8:29	3:41	1	-	1	-	2.30	8:29	3:41	1	-	11	
Lap 2	3.80	16:34	4:21	1	-	1	-	6.10	25:03	4:06	1	-	11	
Last lap Finish	3.90	15:58	4:05	1	-	1	-	10.00	41:01	4:06	1	-	1	-