



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Herrmann, Michael

Club: sc impuls erfurt
Number: 146

Course: 10.00 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 41:20

Speed: 14.52 km/h
Running performance: 4:08 min/km

Rank in course/Total: 14 (of 114)

Rank in course/Men: 13 (of 95)

Best time in course: 36:06

Rank in category: 1(of 5)

Best time in the category: 41:20

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	8:38	3:45	1	-	14	0:52	2.30	8:38	3:45	1	-	49	
Lap 2	3.80	16:44	4:24	1	-	13	2:06	6.10	25:22	4:09	1	-	49	
Last lap Finish	3.90	15:58	4:05	1	-	15	2:36	10.00	41:20	4:08	1	-	13	5:14