



35. Alteburglauf
 Arnstadt / 03.05.2013

Detailed evaluation

Schadwinkel, Andy

Club: GMRV Langwiesen
 Number: 237

Course: 10.00 km
 Hauptlauf

Category:
 Senioren M40 (40-44 Jahre)

Total time: 42:26
 Speed: 14.14 km/h
 Running performance: 4:14 min/km
 Rank in course/Total: 18 (of 114)
 Rank in course/Men: 17 (of 95)
 Best time in course: 36:06
 Rank in category: 4(of 18)
 Best time in the category: 40:15

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	8:54	3:52	4	0:24	17	1:08	2.30	8:54	3:52	16		57	
Lap 2	3.80	17:24	4:34	4	1:02	18	2:46	6.10	26:18	4:18	16		57	
Last lap Finish	3.90	16:08	4:08	4	0:57	17	2:46	10.00	42:26	4:14	4	2:11	17	6:20