



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Wächter, Hartmut

Club: LSV Lok Arnstadt
Number: 277

Course: 10.00 km
Hauptlauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 43:00

Speed: 13.95 km/h
Running performance: 4:18 min/km

Rank in course/Total: 21 (of 114)

Rank in course/Men: 20 (of 95)

Best time in course: 36:06

Rank in category: 1(of 6)

Best time in the category: 43:00

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	9:01	3:55	1	-	20	1:15	2.30	9:01	3:55	1	-	54	
Lap 2	3.80	17:24	4:34	1	-	18	2:46	6.10	26:25	4:19	1	-	54	
Last lap Finish	3.90	16:35	4:15	2	0:25	26	3:13	10.00	43:00	4:17	1	-	20	6:54