



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Kretzschmar, Manfred

Club: SG Motor Arnstadt
Number: 159

Course: 10.00 km
Hauptlauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 43:14

Speed: 13.88 km/h
Running performance: 4:19 min/km

Rank in course/Total: 23 (of 114)

Rank in course/Men: 22 (of 95)

Best time in course: 36:06

Rank in category: 2(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	9:24	4:05	2	0:23	28	1:38	2.30	9:24	4:05	2	0:23	52	
Lap 2	3.80	17:40	4:38	2	0:16	21	3:02	6.10	27:04	4:26	2	0:39	51	
Last lap Finish	3.90	16:10	4:08	1	-	18	2:48	10.00	43:14	4:19	2	0:14	22	7:08