



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Jurkschat, Uta

Club: WSV Schmiedefeld
Number: 150

Course: 10.00 km
Hauptlauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 43:56

Speed: 13.66 km/h
Running performance: 4:23 min/km

Rank in course/Total: 26 (of 114)

Rank in course/Women: 2 (of 19)

Best time in course: 41:01

Rank in category: 1(of 3)

Best time in the category: 43:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Lap 1	2.30	9:19	4:03	1	-	2	0:50	2.30	9:19	4:03	1	-	19		
Lap 2	3.80	18:06	4:45	1	-	2	1:32	6.10	27:25	4:29	1	-	19		
Last lap Finish	3.90	16:31	4:14	1	-	2	0:33	10.00	43:56	4:23	1	-	2	2:55	