



35. Alteburglauf
 Arnstadt / 03.05.2013

Detailed evaluation

Rehberg, Ingo

Club: Team Kondi - Uni Bayreuth
 Number: 175

Course: 10.00 km
 Hauptlauf

Category:
 Senioren M55 (55-59 Jahre)

Total time: 43:59

Speed: 13.64 km/h
 Running performance: 4:24 min/km

Rank in course/Total: 28 (of 114)

Rank in course/Men: 26 (of 95)

Best time in course: 36:06

Rank in category: 2(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	9:08	3:58	2	0:30	21	1:22	2.30	9:08	3:58	2	0:30	95		
Lap 2	3.80	18:08	4:46	2	1:24	29	3:30	6.10	27:16	4:28	2	1:54	95		
Last lap Finish	3.90	16:43	4:17	2	0:45	28	3:21	10.00	43:59	4:23	2	2:39	26	7:53	