



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Wolfig, Uwe

Club: Plaue
Number: 275

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 44:36

Speed: 13.45 km/h
Running performance: 4:28 min/km

Rank in course/Total: 33 (of 114)

Rank in course/Men: 31 (of 95)

Best time in course: 36:06

Rank in category: 1(of 9)

Best time in the category: 44:36

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	9:28	4:06	1	-	29	1:42	2.30	9:28	4:06	1	-	89	
Lap 2	3.80	18:14	4:47	1	-	31	3:36	6.10	27:42	4:32	1	-	90	
Last lap Finish	3.90	16:54	4:19	2	0:12	33	3:32	10.00	44:36	4:27	1	-	31	8:30