



35. Alteburglauf
 Arnstadt / 03.05.2013

Detailed evaluation

Herrmann, Maik

Club: Laufftreff Arnstadt
 Number: 265

Course: 10.00 km
 Hauptlauf

Category:
 Senioren M35 (35-39 Jahre)

Total time: 44:37

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

Rank in course/Total: 34 (of 114)

Rank in course/Men: 32 (of 95)

Best time in course: 36:06

Rank in category: 6(of 9)

Best time in the category: 36:22

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	6	1:41	29	1:42	2.30	9:28	4:06	6	1:41	89	
Lap 2	3.80	17:58	4:43	5	3:05	25	3:20	6.10	27:26	4:29	6	4:46	61	
Last lap Finish	3.90	17:11	4:24	6	3:29	36	3:49	10.00	44:37	4:27	6	8:15	32	8:31