



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Wendemuth, Patrick

Club: TSV Plaue
Number: 259

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 44:58

Speed: 13.34 km/h
Running performance: 4:30 min/km

Rank in course/Total: 35 (of 114)

Rank in course/Men: 33 (of 95)

Best time in course: 36:06

Rank in category: 4(of 11)

Best time in the category: 38:19

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	10:21	4:30	6	2:13	50	2:35	2.30	10:21	4:30	4	2:10	88	
Lap 2	3.80	18:10	4:46	4	2:41	30	3:32	6.10	28:31	4:40	4	4:51	80	
Last lap Finish	3.90	16:27	4:13	3	1:48	23	3:05	10.00	44:58	4:29	4	6:39	33	8:52