



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Hezel, Wolfgang

Club: LTV Erfurt e.V.
Number: 148

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 45:24

Speed: 13.22 km/h
Running performance: 4:32 min/km

Rank in course/Total: 36 (of 114)

Rank in course/Men: 34 (of 95)

Best time in course: 36:06

Rank in category: 2(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	9:44	4:13	2	0:16	36	1:58	2.30	9:44	4:13	2	0:16	87	
Lap 2	3.80	18:29	4:51	2	0:15	34	3:51	6.10	28:13	4:37	2	0:31	87	
Last lap Finish	3.90	17:11	4:24	3	0:29	36	3:49	10.00	45:24	4:32	2	0:48	34	9:18