



35. Alteburglauf  
 Arnstadt / 03.05.2013

Detailed evaluation

Hengelhaupt, Tortsen

Club: Guthmuts Rennsteiglaufverein  
 Number: 238

Course: 10.00 km  
 Hauptlauf

Category:  
 Senioren M35 (35-39 Jahre)

Total time: 45:36

Speed: 13.16 km/h  
 Running performance: 4:34 min/km

Rank in course/Total: 38 (of 114)

Rank in course/Men: 36 (of 95)

Best time in course: 36:06

Rank in category: 7(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	9:51	4:16	7	2:04	39	2:05	2.30	9:51	4:16	7	2:04	73	
Lap 2	3.80	18:42	4:55	7	3:49	35	4:04	6.10	28:33	4:40	7	5:53	73	
Last lap Finish	3.90	17:03	4:22	5	3:21	35	3:41	10.00	45:36	4:33	7	9:14	36	9:30