



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Olm, Patrick

Club: SRL-Sportclub-Arnstadt e.V.
Number: 166

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 45:47

Speed: 13.11 km/h
Running performance: 4:35 min/km

Rank in course/Total: 39 (of 114)

Rank in course/Men: 37 (of 95)

Best time in course: 36:06

Rank in category: 6(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	9:29	4:07	4	1:21	31	1:43	2.30	9:29	4:07	6	1:18	80	
Lap 2	3.80	19:24	5:06	6	3:55	47	4:46	6.10	28:53	4:44	6	5:13	84	
Last lap Finish	3.90	16:54	4:19	5	2:15	33	3:32	10.00	45:47	4:34	6	7:28	37	9:41