



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Schneidewind, Guido

Club: Stadtilm
Number: 184

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 45:51

Speed: 13.09 km/h
Running performance: 4:35 min/km

Rank in course/Total: 40 (of 114)

Rank in course/Men: 38 (of 95)

Best time in course: 36:06

Rank in category: 3(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	10:27	4:32	6	0:59	52	2:41	2.30	10:27	4:32	3	0:59	19	
Lap 2	3.80	18:42	4:55	3	0:28	35	4:04	6.10	29:09	4:46	3	1:27	79	
Last lap Finish	3.90	16:42	4:16	1	-	27	3:20	10.00	45:51	4:35	3	1:15	38	9:45