



35. Alteburglauf Arnstadt / 03.05.2013

Detailed evaluation

Neumann, Norman

Club: Wipfratal

Number: 165

Course: 10.00 km

Hauptlauf

Category:

Männer (20-29 Jahre)

Total time: 46:02

Speed: 13.03 km/h

Running performance: 4:36 min/km

Rank in course/Total: 41 (of 114)

Rank in course/Men: 39 (of 95)

Best time in course: 36:06

Rank in category: 7(of 13)

Best time in the category: 36:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	2.30	9:56	4:19	8	2:10	41	2:10	2.30	9:56	4:19	7	2:10	82	
Lap 2	3.80	19:16	5:04	10	4:23	44	4:38	6.10	29:12	4:47	7	6:33	82	
Last lap Finish	3.90	16:50	4:18	7	3:23	31	3:28	10.00	46:02	4:36	7	9:56	39	9:56