



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Schmid, Jörg

Club: Rennsteiglaufverein
Number: 232

Course: 10.00 km
Hauptlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 46:08

Speed: 13.01 km/h
Running performance: 4:37 min/km

Rank in course/Total: 42 (of 114)

Rank in course/Men: 40 (of 95)

Best time in course: 36:06

Rank in category: 5(of 13)

Best time in the category: 42:35

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	3	0:19	31	1:43	2.30	9:29	4:07	5	0:11	80	
Lap 2	3.80	19:02	5:00	5	1:40	38	4:24	6.10	28:31	4:40	5	1:51	80	
Last lap Finish	3.90	17:37	4:31	8	1:48	50	4:15	10.00	46:08	4:36	5	3:33	40	10:02