



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Knoblich, Petra

Club: Alteburg Lauftreff
Number: 157

Course: 10.00 km
Hauptlauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 46:13

Speed: 12.98 km/h
Running performance: 4:37 min/km

Rank in course/Total: 44 (of 114)

Rank in course/Women: 3 (of 19)

Best time in course: 41:01

Rank in category: 2(of 3)

Best time in the category: 43:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking					
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women
Lap 1	2.30	9:55	4:18	2	0:36	3	1:26	2.30	9:55	4:18	2	0:36	18
Lap 2	3.80	18:53	4:58	2	0:47	3	2:19	6.10	28:48	4:43	2	1:23	18
Last lap Finish	3.90	17:25	4:27	2	0:54	3	1:27	10.00	46:13	4:37	2	2:17	3 5:12