



35. Alteburglauf Arnstadt / 03.05.2013

Detailed evaluation

Seever, Thorsten

Club: SG Motor Arnstadt
Number: 189

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 46:22

Speed: 12.94 km/h
Running performance: 4:38 min/km

Rank in course/Total: 45 (of 114)

Rank in course/Men: 42 (of 95)

Best time in course: 36:06

Rank in category: 5(of 18)

Best time in the category: 40:15

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	9:40	4:12	5	1:10	34	1:54	2.30	9:40	4:12	15		79	
Lap 2	3.80	19:29	5:07	8	3:07	49	4:51	6.10	29:09	4:46	15		79	
Last lap Finish	3.90	17:13	4:24	5	2:02	38	3:51	10.00	46:22	4:38	5	6:07	42	10:16