



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

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Club: AC Apolda
Number: 292

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 46:32

Speed: 12.89 km/h
Running performance: 4:39 min/km

Rank in course/Total: 46 (of 114)

Rank in course/Men: 43 (of 95)

Best time in course: 36:06

Rank in category: 6(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.	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	10:00	4:20	7	1:30	43	2:14	2.30	10:00	4:20	14			78	
Lap 2	3.80	19:08	5:02	5	2:46	41	4:30	6.10	29:08	4:46	14			77	
Last lap Finish	3.90	17:24	4:27	6	2:13	40	4:02	10.00	46:32	4:39	6	6:17		43	10:26