



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Gerngroß, Thomas

Club: ThSV 1886 Geschwenda  
Number: 140

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 46:57

Speed: 12.78 km/h  
Running performance: 4:42 min/km

Rank in course/Total: 48 (of 114)

Rank in course/Men: 45 (of 95)

Best time in course: 36:06

Rank in category: 7(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	9:52	4:17	6	1:22	40	2:06	2.30	9:52	4:17	13			76	
Lap 2	3.80	19:25	5:06	7	3:03	48	4:47	6.10	29:17	4:48	13			76	
Last lap Finish	3.90	17:40	4:31	7	2:29	51	4:18	10.00	46:57	4:41	7	6:42		45	10:51