



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Baerwolf, Silvia

Club: Laufftreff Breitungen
Number: 231

Course: 10.00 km
Hauptlauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 47:06

Speed: 12.74 km/h
Running performance: 4:43 min/km

Rank in course/Total: 49 (of 114)

Rank in course/Women: 4 (of 19)

Best time in course: 41:01

Rank in category: 1(of 4)

Best time in the category: 47:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Lap 1	2.30	10:17	4:28	1	-	6	1:48	2.30	10:17	4:28	1	-	17		
Lap 2	3.80	19:13	5:03	1	-	4	2:39	6.10	29:30	4:50	1	-	17		
Last lap Finish	3.90	17:36	4:30	1	-	4	1:38	10.00	47:06	4:42	1	-	4	6:05	