



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Bohnebeck, Ulf

Club: Laufftreff Arnstadt  
Number: 222

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 47:29

Speed: 12.64 km/h  
Running performance: 4:45 min/km

Rank in course/Total: 52 (of 114)

Rank in course/Men: 48 (of 95)

Best time in course: 36:06

Rank in category: 5(of 9)

Best time in the category: 44:36

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	9:57	4:19	3	0:29	42	2:11	2.30	9:57	4:19	5	0:29	37		
Lap 2	3.80	19:18	5:04	5	1:04	45	4:40	6.10	29:15	4:47	5	1:33	37		
Last lap Finish	3.90	18:14	4:40	6	1:32	58	4:52	10.00	47:29	4:44	5	2:53	48	11:23	