



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Brömel, Jörg

Club: WSV Schmiedefeld
Number: 134

Course: 10.00 km
Hauptlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 47:38

Speed: 12.60 km/h
Running performance: 4:46 min/km

Rank in course/Total: 54 (of 114)

Rank in course/Men: 50 (of 95)

Best time in course: 36:06

Rank in category: 7(of 13)

Best time in the category: 42:35

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	10:41	4:38	11	1:31	60	2:55	2.30	10:41	4:38	7	1:23	14		
Lap 2	3.80	19:30	5:07	6	2:08	50	4:52	6.10	30:11	4:56	7	3:31	23		
Last lap Finish	3.90	17:27	4:28	6	1:38	42	4:05	10.00	47:38	4:45	7	5:03	50	11:32	