



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Zöppig, Veit

Club: SV TU Ilmenau
Number: 208

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 47:45

Speed: 12.57 km/h
Running performance: 4:47 min/km

Rank in course/Total: 55 (of 114)

Rank in course/Men: 51 (of 95)

Best time in course: 36:06

Rank in category: 8(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	10:24	4:31	9	1:54	51	2:38	2.30	10:24	4:31	12			22	
Lap 2	3.80	19:23	5:06	6	3:01	46	4:45	6.10	29:47	4:52	12			22	
Last lap Finish	3.90	17:58	4:36	8	2:47	53	4:36	10.00	47:45	4:46	8	7:30		51	11:39