



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Meier, Rene

Club: 1. SV Dienststedt-Hettstedt
Number: 240

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 47:58

Speed: 12.51 km/h
Running performance: 4:48 min/km

Rank in course/Total: 56 (of 114)

Rank in course/Men: 52 (of 95)

Best time in course: 36:06

Rank in category: 6(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	10:18	4:28	5	0:50	48	2:32	2.30	10:18	4:28	6	0:50	21		
Lap 2	3.80	19:38	5:10	6	1:24	53	5:00	6.10	29:56	4:54	6	2:14	21		
Last lap Finish	3.90	18:02	4:37	5	1:20	54	4:40	10.00	47:58	4:47	6	3:22	52	11:52	