



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Schalk, Udo

Club: Dreamteam Ilmenau
Number: 247

Course: 10.00 km
Hauptlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 48:04

Speed: 12.48 km/h
Running performance: 4:49 min/km

Rank in course/Total: 57 (of 114)

Rank in course/Men: 53 (of 95)

Best time in course: 36:06

Rank in category: 8(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	10:33	4:35	9	1:23	58	2:47	2.30	10:33	4:35	8	1:15	20		
Lap 2	3.80	19:36	5:09	7	2:14	52	4:58	6.10	30:09	4:56	8	3:29	20		
Last lap Finish	3.90	17:55	4:35	9	2:06	52	4:33	10.00	48:04	4:48	8	5:29	53	11:58	