



35. Alteburglauf
 Arnstadt / 03.05.2013

Detailed evaluation

Romming, Nicole

Club: Fitness Oase
 Number: 295

Course: 10.00 km
 Hauptlauf

Category:
 Seniorinnen W40 (40-44 Jahre)

Total time: 48:27

Speed: 12.38 km/h
 Running performance: 4:50 min/km

Rank in course/Total: 60 (of 114)

Rank in course/Women: 5 (of 19)

Best time in course: 41:01

Rank in category: 1(of 4)

Best time in the category: 48:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Lap 1	2.30	10:12	4:26	1	-	5	1:43	2.30	10:12	4:26	1	-	16		
Lap 2	3.80	19:45	5:11	1	-	6	3:11	6.10	29:57	4:54	1	-	16		
Last lap Finish	3.90	18:30	4:44	1	-	8	2:32	10.00	48:27	4:50	1	-	5	7:26	