



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Pahn, Ingrid

Number: 214

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 48:30

Speed: 12.37 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 62 (of 114)

Rank in course/Women: 6 (of 19)

Best time in course: 41:01

Rank in category: 2(of 4)

Best time in the category: 47:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking					
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women
Lap 1	2.30	10:22	4:30	2	0:05	7	1:53	2.30	10:22	4:30	2	0:05	15
Lap 2	3.80	20:05	5:17	2	0:52	7	3:31	6.10	30:27	4:59	2	0:57	15
Last lap Finish	3.90	18:03	4:37	2	0:27	6	2:05	10.00	48:30	4:50	2	1:24	6 7:29