



35. Alteburglauf
 Arnstadt / 03.05.2013

Detailed evaluation

Ritter, Freya

Club: TU Ilmenau
 Number: 179

Course: 10.00 km
 Hauptlauf

Category:
 Frauen (20-29 Jahre)

Total time: 48:33

Speed: 12.36 km/h
 Running performance: 4:52 min/km

Rank in course/Total: 63 (of 114)

Rank in course/Women: 7 (of 19)

Best time in course: 41:01

Rank in category: 2(of 6)

Best time in the category: 41:01

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	Behind Women
Lap 1	2.30	10:52	4:43	5	2:23	11	2:23	2.30	10:52	4:43	2	2:23	14	0:18
Lap 2	3.80	19:40	5:10	2	3:06	5	3:06	6.10	30:32	5:00	2	5:29	14	
Last lap Finish	3.90	18:01	4:37	2	2:03	5	2:03	10.00	48:33	4:51	2	7:32	7	7:32