



35. Alteburglauf

Arnstadt / 03.05.2013

Detailed evaluation

Greiner, Jens

Club: WSV Schmiedefeld
Number: 141

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 49:10

Speed: 12.20 km/h
Running performance: 4:55 min/km

Rank in course/Total: 67 (of 114)

Rank in course/Men: 60 (of 95)

Best time in course: 36:06

Rank in category: 10(of 18)

Best time in the category: 40:15

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	2.30	10:45	4:40	12	2:15	65	2:59	2.30	10:45	4:40	1	-	1	-
Lap 2	3.80	19:58	5:15	9	3:36	57	5:20	6.10	30:43	5:02	1	-	1	-
Last lap Finish	3.90	18:27	4:43	11	3:16	61	5:05	10.00	49:10	4:54	10	8:55	60	13:04