



35. Alteburglauf
 Arnstadt / 03.05.2013

Detailed evaluation

Reiche, Cassandra

Club: SV Ictershausen
 Number: 176

Course: 10.00 km
 Hauptlauf

Category:
 Frauen (20-29 Jahre)

Total time: 49:20

Speed: 12.16 km/h
 Running performance: 4:56 min/km

Rank in course/Total: 68 (of 114)

Rank in course/Women: 8 (of 19)

Best time in course: 41:01

Rank in category: 3(of 6)

Best time in the category: 41:01

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	10:07	4:23	2	1:38	4	1:38	2.30	10:07	4:23	3	1:38	13	
Lap 2	3.80	20:49	5:28	3	4:15	9	4:15	6.10	30:56	5:04	3	5:53	13	
Last lap Finish	3.90	18:24	4:43	3	2:26	7	2:26	10.00	49:20	4:56	3	8:19	8	8:19