



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Schäge, Rico

Club: Arnstadt  
Number: 188

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 49:25

Speed: 12.14 km/h  
Running performance: 4:56 min/km

Rank in course/Total: 69 (of 114)

Rank in course/Men: 61 (of 95)

Best time in course: 36:06

Rank in category: 11(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	2.30	10:29	4:33	10	1:59	54	2:43	2.30	10:29	4:33	9			12	
Lap 2	3.80	20:30	5:23	11	4:08	63	5:52	6.10	30:59	5:04	9	0:16		12	0:16
Last lap Finish	3.90	18:26	4:43	10	3:15	60	5:04	10.00	49:25	4:56	11	9:10		61	13:19