



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Number: 0

Course: 10.00 km
Hauptlauf

Category:
Senioren M80 (80-84 Jahre)

Total time: 49:32

Speed: 12.11 km/h
Running performance: 4:57 min/km

Rank in course/Total: 70 (of 114)

Rank in course/Men: 62 (of 95)

Best time in course: 36:06

Rank in category: 1(of 1)

Best time in the category: 49:32

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	10:20	4:29	1	-	49	2:34	2.30	10:20	4:29	1	-	11	
Lap 2	3.80	19:55	5:14	1	-	56	5:17	6.10	30:15	4:57	1	-	11	
Last lap Finish	3.90	19:17	4:56	1	-	68	5:55	10.00	49:32	4:57	1	-	62	13:26