



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Koburger, Karin

Club: Laufftreff Arnstadt
Number: 158

Course: 10.00 km
Hauptlauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 49:48

Speed: 12.05 km/h
Running performance: 4:59 min/km

Rank in course/Total: 72 (of 114)

Rank in course/Women: 9 (of 19)

Best time in course: 41:01

Rank in category: 3(of 4)

Best time in the category: 47:06

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
Lap 1	2.30	10:30	4:33	3	0:13	8	2:01	2.30	10:30	4:33	3	0:13	12
Lap 2	3.80	20:19	5:20	3	1:06	8	3:45	6.10	30:49	5:03	3	1:19	12
Last lap Finish	3.90	18:59	4:52	3	1:23	10	3:01	10.00	49:48	4:58	3	2:42	9 8:47