



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Hochsattel, Hans-Jörg

Club: WSV 08 Ilmenau
Number: 223

Course: 10.00 km
Hauptlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 50:05

Speed: 11.98 km/h
Running performance: 5:01 min/km

Rank in course/Total: 74 (of 114)

Rank in course/Men: 65 (of 95)

Best time in course: 36:06

Rank in category: 11(of 13)

Best time in the category: 42:35

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	10:50	4:42	12	1:40	67	3:04	2.30	10:50	4:42	10	1:32	9	0:05
Lap 2	3.80	20:38	5:25	11	3:16	66	6:00	6.10	31:28	5:09	10	4:48	9	0:45
Last lap Finish	3.90	18:37	4:46	10	2:48	63	5:15	10.00	50:05	5:00	11	7:30	65	13:59