



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 |