



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Koburger, Uwe

Number: 213

Course: 10.00 km
Hauptlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 49:49

Speed: 12.04 km/h

Running performance: 4:59 min/km

Rank in course/Total: 73 (of 114)

Rank in course/Men: 64 (of 95)

Best time in course: 36:06

Rank in category: 10(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	10:30	4:33	8	1:20	55	2:44	2.30	10:30	4:33	11	1:12	8	
Lap 2	3.80	20:18	5:20	9	2:56	61	5:40	6.10	30:48	5:02	11	4:08	8	0:05
Last lap Finish	3.90	19:01	4:52	11	3:12	64	5:39	10.00	49:49	4:58	10	7:14	64	13:43