



35. Alteburglauf
 Arnstadt / 03.05.2013

Detailed evaluation

Ritze, Detlef

Club: Laufftreff Alteburg Arnstadt
 Number: 180

Course: 10.00 km
 Hauptlauf

Category:
 Senioren M60 (60-64 Jahre)

Total time: 50:56

Speed: 11.78 km/h
 Running performance: 5:05 min/km

Rank in course/Total: 77 (of 114)

Rank in course/Men: 67 (of 95)

Best time in course: 36:06

Rank in category: 3(of 6)

Best time in the category: 43:00

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	11:00	4:46	3	1:59	70	3:14	2.30	11:00	4:46	3	1:59	6	0:15
Lap 2	3.80	20:51	5:29	3	3:27	71	6:13	6.10	31:51	5:13	3	5:26	6	1:08
Last lap Finish	3.90	19:05	4:53	3	2:55	67	5:43	10.00	50:56	5:05	3	7:56	67	14:50