



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Kämpfe, Jens

Total time: 51:07

Club: Förderverein Hochsprung mit Musik e.V. Arnstadt
Number: 161

Speed: 11.74 km/h

Running performance: 5:07 min/km

Course: 10.00 km

Rank in course/Total: 78 (of 114)

Hauptlauf

Rank in course/Men: 68 (of 95)

Best time in course: 36:06

Category:

Rank in category: 1(of 3)

Senioren M65 (65-69 Jahre)

Best time in the category: 51:07

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	10:49	4:42	1	-	66	3:03	2.30	10:49	4:42	1	-	5	0:04
Lap 2	3.80	20:49	5:28	1	-	69	6:11	6.10	31:38	5:11	1	-	5	0:55
Last lap Finish	3.90	19:29	4:59	1	-	70	6:07	10.00	51:07	5:06	1	-	68	15:01