



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Enders, Martin

Club: Arnstadt
Number: 138

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 51:08

Speed: 11.73 km/h
Running performance: 5:07 min/km

Rank in course/Total: 79 (of 114)

Rank in course/Men: 69 (of 95)

Best time in course: 36:06

Rank in category: 12(of 18)

Best time in the category: 40:15

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	10:52	4:43	13	2:22	68	3:06	2.30	10:52	4:43	8	0:07	4	0:07
Lap 2	3.80	20:49	5:28	12	4:27	69	6:11	6.10	31:41	5:11	8	0:58	4	0:58
Last lap Finish	3.90	19:27	4:59	12	4:16	69	6:05	10.00	51:08	5:06	12	10:53	69	15:02