



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

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Club: Arnstadt
Number: 198

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 51:42

Speed: 11.61 km/h
Running performance: 5:10 min/km

Rank in course/Total: 83 (of 114)

Rank in course/Men: 73 (of 95)

Best time in course: 36:06

Rank in category: 9(of 11)

Best time in the category: 38:19

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	11:22	4:56	10	3:14	77	3:36	2.30	11:22	4:56	8	3:11	2	0:37
Lap 2	3.80	20:45	5:27	8	5:16	68	6:07	6.10	32:07	5:15	8	8:27	2	1:24
Last lap Finish	3.90	19:35	5:01	9	4:56	72	6:13	10.00	51:42	5:10	9	13:23	73	15:36