



35. Alteburglauf  
 Arnstadt / 03.05.2013

Detailed evaluation

Gunkel, Sven

Club: Rehestädt  
 Number: 143

Course: 10.00 km  
 Hauptlauf

Category:  
 Senioren M40 (40-44 Jahre)

Total time: 52:11

Speed: 11.50 km/h  
 Running performance: 5:13 min/km

Rank in course/Total: 84 (of 114)

Rank in course/Men: 74 (of 95)

Best time in course: 36:06

Rank in category: 13(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	11:08	4:50	14	2:38	72	3:22	2.30	11:08	4:50	7	0:23	13	0:23
Lap 2	3.80	21:23	5:37	13	5:01	73	6:45	6.10	32:31	5:19	7	1:48	13	1:48
Last lap Finish	3.90	19:40	5:02	13	4:29	74	6:18	10.00	52:11	5:13	13	11:56	74	16:05