



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 |