



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

**Bähr, Thomas**

Club: Traktor Rehestädt  
Number: 135

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 52:55

Speed: 11.34 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 86 (of 114)

Rank in course/Men: 76 (of 95)

Best time in course: 36:06

Rank in category: 13(of 13)

Best time in the category: 42:35

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	2.30	11:28	4:59	13	2:18	78	3:42	2.30	11:28	4:59	13	2:10	46	0:43
Lap 2	3.80	21:31	5:39	13	4:09	76	6:53	6.10	32:59	5:24	13	6:19	46	2:16
Last lap Finish	3.90	19:56	5:06	13	4:07	78	6:34	10.00	52:55	5:17	13	10:20	76	16:49