



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Rückert, Uwe

Club: Arnstadt
Number: 215

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 53:43

Speed: 11.17 km/h
Running performance: 5:22 min/km

Rank in course/Total: 88 (of 114)

Rank in course/Men: 78 (of 95)

Best time in course: 36:06

Rank in category: 14(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	10:42	4:39	11	2:12	62	2:56	2.30	10:42	4:39	6			45	
Lap 2	3.80	22:04	5:48	15	5:42	78	7:26	6.10	32:46	5:22	6	2:03		45	2:03
Last lap Finish	3.90	20:57	5:22	16	5:46	86	7:35	10.00	53:43	5:22	14	13:28		78	17:37