



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.	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