



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Preuße, Jürgen

Club: Dynamo Arnstadt  
Number: 173

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 53:50

Speed: 11.15 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 89 (of 114)

Rank in course/Men: 79 (of 95)

Best time in course: 36:06

Rank in category: 5(of 6)

Best time in the category: 43:00

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	11:29	4:59	4	2:28	79	3:43	2.30	11:29	4:59	5	2:28	44	0:44
Lap 2	3.80	22:04	5:48	5	4:40	78	7:26	6.10	33:33	5:30	5	7:08	44	2:50
Last lap Finish	3.90	20:17	5:12	5	4:07	82	6:55	10.00	53:50	5:23	5	10:50	79	17:44