



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Prescher, Frank

Club: USV Erfurt
Number: 172

Course: 10.00 km
Hauptlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 54:06

Speed: 11.09 km/h
Running performance: 5:25 min/km

Rank in course/Total: 91 (of 114)

Rank in course/Men: 81 (of 95)

Best time in course: 36:06

Rank in category: 8(of 9)

Best time in the category: 36:22

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	11:36	5:02	8	3:49	80	3:50	2.30	11:36	5:02	8	3:49	42	0:51
Lap 2	3.80	22:15	5:51	8	7:22	81	7:37	6.10	33:51	5:32	8	11:11	42	3:08
Last lap Finish	3.90	20:15	5:11	8	6:33	81	6:53	10.00	54:06	5:24	8	17:44	81	18:00