



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Beyer, Nicole

Club: Sülzenbrücken
Number: 133

Course: 10.00 km
Hauptlauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 54:10

Speed: 11.08 km/h
Running performance: 5:25 min/km

Rank in course/Total: 92 (of 114)
Rank in course/Women: 11 (of 19)
Best time in course: 41:01

Rank in category: 1(of 2)
Best time in the category: 54:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	2.30	11:46	5:06	1	-	13	3:17	2.30	11:46	5:06	1	-	10	1:12
Lap 2	3.80	22:27	5:54	1	-	11	5:53	6.10	34:13	5:36	1	-	10	2:20
Last lap Finish	3.90	19:57	5:06	1	-	11	3:59	10.00	54:10	5:24	1	-	11	13:09