



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Kühn, Heiko

Club: Arnstadt
Number: 228

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 54:12

Speed: 11.07 km/h
Running performance: 5:25 min/km

Rank in course/Total: 93 (of 114)

Rank in course/Men: 82 (of 95)

Best time in course: 36:06

Rank in category: 15(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	11:38	5:03	15	3:08	81	3:52	2.30	11:38	5:03	5	0:53	41	0:53
Lap 2	3.80	21:51	5:45	14	5:29	77	7:13	6.10	33:29	5:29	5	2:46	41	2:46
Last lap Finish	3.90	20:43	5:18	14	5:32	83	7:21	10.00	54:12	5:25	15	13:57	82	18:06