



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Zelle, Monique

Club: Dream Team Ilmenau
Number: 289

Course: 10.00 km
Hauptlauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 54:39

Speed: 10.98 km/h
Running performance: 5:28 min/km

Rank in course/Total: 94 (of 114)

Rank in course/Women: 12 (of 19)

Best time in course: 41:01

Rank in category: 2(of 4)

Best time in the category: 48:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	2.30	11:11	4:51	2	0:59	12	2:42	2.30	11:11	4:51	2	0:59	9	0:37
Lap 2	3.80	22:43	5:58	2	2:58	12	6:09	6.10	33:54	5:33	2	3:57	9	2:01
Last lap Finish	3.90	20:45	5:19	2	2:15	12	4:47	10.00	54:39	5:27	2	6:12	12	13:38