



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Sthamer, Heiko

Club: DAV Suhl
Number: 192

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 54:57

Speed: 10.92 km/h
Running performance: 5:30 min/km

Rank in course/Total: 96 (of 114)

Rank in course/Men: 83 (of 95)

Best time in course: 36:06

Rank in category: 7(of 9)

Best time in the category: 44:36

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	2.30	12:13	5:18	8	2:45	88	4:27	2.30	12:13	5:18	7	2:45	39	1:28
Lap 2	3.80	22:58	6:02	7	4:44	83	8:20	6.10	35:11	5:46	7	7:29	39	4:28
Last lap Finish	3.90	19:46	5:04	7	3:04	77	6:24	10.00	54:57	5:29	7	10:21	83	18:51