



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Herzer, Heiko

Club: Arnstadt  
Number: 147

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 54:59

Speed: 10.91 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 97 (of 114)

Rank in course/Men: 85 (of 95)

Best time in course: 36:06

Rank in category: 16(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	2.30	11:43	5:05	16	3:13	82	3:57	2.30	11:43	5:05	4	0:58	38	0:58
Lap 2	3.80	22:30	5:55	16	6:08	82	7:52	6.10	34:13	5:36	4	3:30	38	3:30
Last lap Finish	3.90	20:46	5:19	15	5:35	84	7:24	10.00	54:59	5:29	16	14:44	85	18:53