



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Raab, Katrin

Club: LSV Lok Arnstadt
Number: 174

Course: 10.00 km
Hauptlauf

Category:
Frauen (20-29 Jahre)

Total time: 55:20

Speed: 10.84 km/h
Running performance: 5:32 min/km

Rank in course/Total: 98 (of 114)
Rank in course/Women: 13 (of 19)
Best time in course: 41:01

Rank in category: 5(of 6)
Best time in the category: 41:01

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	10:44	4:40	4	2:15	10	2:15	2.30	10:44	4:40	5	2:15	8	0:10
Lap 2	3.80	22:59	6:02	5	6:25	13	6:25	6.10	33:43	5:31	5	8:40	8	1:50
Last lap Finish	3.90	21:37	5:32	5	5:39	13	5:39	10.00	55:20	5:31	5	14:19	13	14:19