



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Spilling, Jochen

Club: sg wachsenburg haarhausen  
Number: 191

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M65 (65-69 Jahre)

Total time: 56:09

Speed: 10.69 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 99 (of 114)

Rank in course/Men: 86 (of 95)

Best time in course: 36:06

Rank in category: 2(of 3)

Best time in the category: 51:07

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	12:08	5:16	2	1:19	85	4:22	2.30	12:08	5:16	2	1:19	25	1:23
Lap 2	3.80	23:09	6:05	2	2:20	87	8:31	6.10	35:17	5:47	2	3:39	25	4:34
Last lap Finish	3.90	20:52	5:21	2	1:23	85	7:30	10.00	56:09	5:36	2	5:02	86	20:03