



35. Alteburglauf  
 Arnstadt / 03.05.2013

Detailed evaluation

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Club: ZWEI-TAKT-TEAM  
 Number: 160

Course: 10.00 km  
 Hauptlauf

Category:  
 Senioren M35 (35-39 Jahre)

Total time: 56:12

Speed: 10.68 km/h  
 Running performance: 5:37 min/km

Rank in course/Total: 100 (of 114)

Rank in course/Men: 87 (of 95)

Best time in course: 36:06

Rank in category: 9(of 9)

Best time in the category: 36:22

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	12:14	5:19	9	4:27	89	4:28	2.30	12:14	5:19	9	4:27	36	1:29
Lap 2	3.80	22:59	6:02	9	8:06	84	8:21	6.10	35:13	5:46	9	12:33	36	4:30
Last lap Finish	3.90	20:59	5:22	9	7:17	87	7:37	10.00	56:12	5:37	9	19:50	87	20:06