



35. Alteburglauf  
 Arnstadt / 03.05.2013

Detailed evaluation

Mongeon, Vicky

Club: Arnstadt  
 Number: 253

Course: 10.00 km  
 Hauptlauf

Category:  
 Seniorinnen W40 (40-44 Jahre)

Total time: 58:21

Speed: 10.28 km/h  
 Running performance: 5:50 min/km

Rank in course/Total: 101 (of 114)

Rank in course/Women: 14 (of 19)

Best time in course: 41:01

Rank in category: 3(of 4)

Best time in the category: 48:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	2.30	12:12	5:18	3	2:00	14	3:43	2.30	12:12	5:18	3	2:00	7	1:38
Lap 2	3.80	23:57	6:18	3	4:12	14	7:23	6.10	36:09	5:55	3	6:12	7	4:16
Last lap Finish	3.90	22:12	5:41	3	3:42	14	6:14	10.00	58:21	5:50	3	9:54	14	17:20