



35. Alteburglauf  
 Arnstadt / 03.05.2013

Detailed evaluation

Pohlemann, Dirk

Club: Arnstadt  
 Number: 249

Course: 10.00 km  
 Hauptlauf

Category:  
 Senioren M40 (40-44 Jahre)

Total time: 58:51

Speed: 10.20 km/h  
 Running performance: 5:53 min/km

Rank in course/Total: 102 (of 114)

Rank in course/Men: 88 (of 95)

Best time in course: 36:06

Rank in category: 17(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.	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	12:18	5:20	17	3:48	90	4:32	2.30	12:18	5:20	3	1:33	35	1:33
Lap 2	3.80	23:41	6:13	17	7:19	88	9:03	6.10	35:59	5:53	3	5:16	35	5:16
Last lap Finish	3.90	22:52	5:51	17	7:41	88	9:30	10.00	58:51	5:53	17	18:36	88	22:45