



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Sonntag, Silke

Club: Arnstadt
Number: 221

Course: 10.00 km
Hauptlauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 59:02

Speed: 10.16 km/h
Running performance: 5:54 min/km

Rank in course/Total: 103 (of 114)

Rank in course/Women: 15 (of 19)

Best time in course: 41:01

Rank in category: 4(of 4)

Best time in the category: 48:27

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	12:23	5:23	4	2:11	15	3:54	2.30	12:23	5:23	4	2:11	6	1:49
Lap 2	3.80	24:05	6:20	4	4:20	15	7:31	6.10	36:28	5:58	4	6:31	6	4:35
Last lap Finish	3.90	22:34	5:47	4	4:04	16	6:36	10.00	59:02	5:54	4	10:35	15	18:01