



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Jäger, Matthias

Club: Kath. Laufjugend Arnstadt  
Number: 152

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 59:31

Speed: 10.08 km/h  
Running performance: 5:57 min/km

Rank in course/Total: 104 (of 114)

Rank in course/Men: 89 (of 95)

Best time in course: 36:06

Rank in category: 8(of 9)

Best time in the category: 44:36

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	11:46	5:06	7	2:18	84	4:00	2.30	11:46	5:06	8	2:18	34	1:01
Lap 2	3.80	24:36	6:28	8	6:22	90	9:58	6.10	36:22	5:57	8	8:40	34	5:39
Last lap Finish	3.90	23:09	5:56	8	6:27	90	9:47	10.00	59:31	5:57	8	14:55	89	23:25