



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Köhler, Christoph

Club: Erfurt
Number: 162

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:01:15

Speed: 9.80 km/h
Running performance: 6:07 min/km

Rank in course/Total: 107 (of 114)

Rank in course/Men: 91 (of 95)

Best time in course: 36:06

Rank in category: 11(of 11)

Best time in the category: 38:19

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	13:11	5:43	11	5:03	92	5:25	2.30	13:11	5:43	10	5:00	32	2:26
Lap 2	3.80	25:09	6:37	11	9:40	91	10:31	6.10	38:20	6:17	10	14:40	32	7:37
Last lap Finish	3.90	22:55	5:52	11	8:16	89	9:33	10.00	1:01:15	6:07	11	22:56	91	25:09