



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Respondek, Lisa

Club: Holzhausen
Number: 236

Course: 10.00 km
Hauptlauf

Category:
Frauen (20-29 Jahre)

Total time: 1:00:02

Speed: 9.99 km/h
Running performance: 6:00 min/km

Rank in course/Total: 106 (of 114)

Rank in course/Women: 16 (of 19)

Best time in course: 41:01

Rank in category: 6(of 6)

Best time in the category: 41:01

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	12:46	5:33	6	4:17	16	4:17	2.30	12:46	5:33	6	4:17	5	2:12
Lap 2	3.80	24:23	6:25	6	7:49	16	7:49	6.10	37:09	6:05	6	12:06	5	5:16
Last lap Finish	3.90	22:53	5:52	6	6:55	17	6:55	10.00	1:00:02	6:00	6	19:01	16	19:01