



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Schmidt, Nadine

Club: L21 Running  
Number: 182

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:01:41

Speed: 9.73 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 108 (of 114)

Rank in course/Women: 17 (of 19)

Best time in course: 41:01

Rank in category: 2(of 2)

Best time in the category: 54:10

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	13:55	6:03	2	2:09	18	5:26	2.30	13:55	6:03	2	2:09	3	3:21
Lap 2	3.80	25:33	6:43	2	3:06	18	8:59	6.10	39:28	6:28	2	5:15	3	7:35
Last lap Finish	3.90	22:13	5:41	2	2:16	15	6:15	10.00	1:01:41	6:10	2	7:31	17	20:40