



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Völker, Ekkehard

Club: Arnstadt  
Number: 199

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:02:17

Speed: 9.63 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 109 (of 114)

Rank in course/Men: 92 (of 95)

Best time in course: 36:06

Rank in category: 9(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	13:28	5:51	9	4:00	94	5:42	2.30	13:28	5:51	9	4:00	31	2:43
Lap 2	3.80	25:14	6:38	9	7:00	92	10:36	6.10	38:42	6:20	9	11:00	31	7:59
Last lap Finish	3.90	23:35	6:02	9	6:53	92	10:13	10.00	1:02:17	6:13	9	17:41	92	26:11