



35. Alteburglauf
 Arnstadt / 03.05.2013

Detailed evaluation

Weinreich, Kerstin

Club: Arnstadt
 Number: 202

Course: 10.00 km
 Hauptlauf

Category:
 Seniorinnen W45 (45-49 Jahre)

Total time: 1:02:43

Speed: 9.57 km/h
 Running performance: 6:16 min/km

Rank in course/Total: 110 (of 114)

Rank in course/Women: 18 (of 19)

Best time in course: 41:01

Rank in category: 3(of 3)

Best time in the category: 43:56

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	13:55	6:03	3	4:36	18	5:26	2.30	13:55	6:03	3	4:36	3	3:21
Lap 2	3.80	25:33	6:43	3	7:27	18	8:59	6.10	39:28	6:28	3	12:03	3	7:35
Last lap Finish	3.90	23:15	5:57	3	6:44	18	7:17	10.00	1:02:43	6:16	3	18:47	18	21:42