



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Herzberg, Andrea

Club: Laufftreff Arnstadt
Number: 220

Course: 10.00 km
Hauptlauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:03:12

Speed: 9.49 km/h
Running performance: 6:19 min/km

Rank in course/Total: 111 (of 114)

Rank in course/Women: 19 (of 19)

Best time in course: 41:01

Rank in category: 4(of 4)

Best time in the category: 47:06

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	12:51	5:35	4	2:34	17	4:22	2.30	12:51	5:35	4	2:34	2	2:17
Lap 2	3.80	25:31	6:42	4	6:18	17	8:57	6.10	38:22	6:17	4	8:52	2	6:29
Last lap Finish	3.90	24:50	6:22	4	7:14	19	8:52	10.00	1:03:12	6:19	4	16:06	19	22:11