



35. Alteburglauf  
 Arnstadt / 03.05.2013

Detailed evaluation

Keller, René

Club: Langewiesen  
 Number: 154

Course: 10.00 km  
 Hauptlauf

Category:  
 Senioren M40 (40-44 Jahre)

Total time: 1:03:37

Speed: 9.43 km/h  
 Running performance: 6:22 min/km

Rank in course/Total: 112 (of 114)

Rank in course/Men: 93 (of 95)

Best time in course: 36:06

Rank in category: 18(of 18)

Best time in the category: 40:15

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	13:23	5:49	18	4:53	93	5:37	2.30	13:23	5:49	2	2:38	30	2:38
Lap 2	3.80	26:35	6:59	18	10:13	94	11:57	6.10	39:58	6:33	2	9:15	30	9:15
Last lap Finish	3.90	23:39	6:03	18	8:28	93	10:17	10.00	1:03:37	6:21	18	23:22	93	27:31