



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Pohl, Günther

Club: Erfurt  
Number: 170

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:04:09

Speed: 9.35 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 113 (of 114)

Rank in course/Men: 94 (of 95)

Best time in course: 36:06

Rank in category: 2(of 2)

Best time in the category: 53:25

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	12:57	5:37	2	1:39	91	5:11	2.30	12:57	5:37	2	1:39	29	2:12
Lap 2	3.80	26:26	6:57	2	4:17	93	11:48	6.10	39:23	6:27	2	5:56	29	8:40
Last lap Finish	3.90	24:46	6:21	2	4:48	95	11:24	10.00	1:04:09	6:24	2	10:44	94	28:03