



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Kneise, Wolfram

Club: Katholische Laufjugend Arnstadt  
Number: 301

Course: 10.00 km  
Hauptlauf

Category:  
Männer (20-29 Jahre)

Total time: 51:33

Speed: 11.64 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 82 (of 114)

Rank in course/Men: 72 (of 95)

Best time in course: 36:06

Rank in category: 13(of 13)

Best time in the category: 36:06

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Lap 1	2.30	11:08	4:50	13	3:22	72	3:22	2.30	11:08	4:50	13	3:22	13	0:23
Lap 2	3.80	21:23	5:37	13	6:30	73	6:45	6.10	32:31	5:19	13	9:52	13	1:48
Last lap Finish	3.90	19:02	4:52	13	5:35	66	5:40	10.00	51:33	5:09	13	15:27	72	15:27