



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Graff, Mario

Club: Katholische Laufjugend Arnstadt
Number: 302

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 51:32

Speed: 11.64 km/h
Running performance: 5:09 min/km

Rank in course/Total: 81 (of 114)

Rank in course/Men: 71 (of 95)

Best time in course: 36:06

Rank in category: 8(of 11)

Best time in the category: 38:19

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	11:08	4:50	9	3:00	72	3:22	2.30	11:08	4:50	11	2:57	13	0:23
Lap 2	3.80	21:23	5:37	9	5:54	73	6:45	6.10	32:31	5:19	11	8:51	13	1:48
Last lap Finish	3.90	19:01	4:52	8	4:22	64	5:39	10.00	51:32	5:09	8	13:13	71	15:26