



35. Alteburglauf  
Arnstadt / 03.05.2013

## Detailed evaluation

Van der Heyde, Marc

Club: ThSV 1886 Geschwenda  
Number: 129

Course: 3.50 km  
Jugendlauf

Category:  
männliche Jugend U18 (16-17 Jahre)

Total time: 16:03

Speed: 11.21 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 15 (of 22)

Rank in course/Men: 10 (of 12)

Best time in course: 13:36

Rank in category: 2(of 3)

Best time in the category: 14:24