



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Sünderhauf, Daniel

Club: SV-Rot-Weiss Werdau  
Number: 195

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 36:22

Speed: 16.50 km/h  
Running performance: 3:38 min/km

Rank in course/Total: 2 (of 114)

Rank in course/Men: 2 (of 95)

Best time in course: 36:06

Rank in category: 1(of 9)

Best time in the category: 36:22

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	7:47	3:23	1	-	4	0:01	2.30	7:47	3:23	1	-	72	
Lap 2	3.80	14:53	3:54	1	-	2	0:15	6.10	22:40	3:42	1	-	72	
Last lap Finish	3.90	13:42	3:30	1	-	3	0:20	10.00	36:22	3:38	1	-	2	0:16