



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Grund, Martin

Club: SV Ictershausen  
Number: 142

Course: 10.00 km  
Hauptlauf

Category:  
Männer (20-29 Jahre)

Total time: 37:24

Speed: 16.04 km/h  
Running performance: 3:44 min/km

Rank in course/Total: 5 (of 114)

Rank in course/Men: 5 (of 95)

Best time in course: 36:06

Rank in category: 3(of 13)

Best time in the category: 36:06

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	7:46	3:22	1	-	1	-	2.30	7:46	3:22	1	-	69		
Lap 2	3.80	15:10	3:59	3	0:17	5	0:32	6.10	22:56	3:45	3	0:17	69		
Last lap Finish	3.90	14:28	3:42	3	1:01	5	1:06	10.00	37:24	3:44	3	1:18	5	1:18	