



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Seckel, Toni

Club: LaufTeam Erfurt
Number: 57

Course: 10.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 38:19

Speed: 15.66 km/h
Running performance: 3:50 min/km

Rank in course/Total: 6 (of 114)

Rank in course/Men: 6 (of 95)

Best time in course: 36:06

Rank in category: 1(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	2.30	8:11	3:33	2	0:03	7	0:25	2.30	8:11	3:33	1	-	68	
Lap 2	3.80	15:29	4:04	1	-	6	0:51	6.10	23:40	3:52	1	-	68	
Last lap Finish	3.90	14:39	3:45	1	-	6	1:17	10.00	38:19	3:49	1	-	6	2:13