



35. Alteburglauf
 Arnstadt / 03.05.2013

Detailed evaluation

Senz, Stefan

Club: SV Ictershausen
 Number: 190

Course: 10.00 km
 Hauptlauf

Category:
 Männer (20-29 Jahre)

Total time: 38:59

Speed: 15.39 km/h
 Running performance: 3:54 min/km

Rank in course/Total: 7 (of 114)

Rank in course/Men: 7 (of 95)

Best time in course: 36:06

Rank in category: 4(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	7:57	3:27	4	0:11	5	0:11	2.30	7:57	3:27	4	0:11	67		
Lap 2	3.80	16:14	4:16	4	1:21	9	1:36	6.10	24:11	3:57	4	1:32	67		
Last lap Finish	3.90	14:48	3:47	4	1:21	7	1:26	10.00	38:59	3:53	4	2:53	7	2:53	