



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Zeiger, Thomas

Club: Katholische Laufjugend Arnstadt  
Number: 206

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 40:15

Speed: 14.91 km/h  
Running performance: 4:02 min/km

Rank in course/Total: 10 (of 114)

Rank in course/Men: 10 (of 95)

Best time in course: 36:06

Rank in category: 1(of 18)

Best time in the category: 40:15

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	8:30	3:41	1	-	13	0:44	2.30	8:30	3:41	10	-	10	64
Lap 2	3.80	16:22	4:18	1	-	10	1:44	6.10	24:52	4:04	10	-	10	64
Last lap Finish	3.90	15:23	3:56	2	0:12	11	2:01	10.00	40:15	4:01	1	-	10	4:09