



35. Alteburglauf  
 Arnstadt / 03.05.2013

Detailed evaluation

**Strauß, Christian**

Club: Rennsteiglaufverein/LG Süd  
 Number: 194

Course: 10.00 km  
 Hauptlauf

Category:  
 Senioren M40 (40-44 Jahre)

Total time: 40:25

Speed: 14.85 km/h  
 Running performance: 4:02 min/km

Rank in course/Total: 11 (of 114)

Rank in course/Men: 11 (of 95)

Best time in course: 36:06

Rank in category: 2(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	8:44	3:47	2	0:14	15	0:58	2.30	8:44	3:47	18			63	
Lap 2	3.80	16:30	4:20	2	0:08	11	1:52	6.10	25:14	4:08	18			63	
Last lap Finish	3.90	15:11	3:53	1	-	8	1:49	10.00	40:25	4:02	2	0:10		11	4:19