



35. Alteburglauf
 Arnstadt / 03.05.2013

Detailed evaluation

Stutzig, Henrik

Club: Katholische Laufjugend Arnstadt
 Number: 251

Course: 10.00 km
 Hauptlauf

Category:
 Senioren M35 (35-39 Jahre)

Total time: 43:02

Speed: 13.94 km/h
 Running performance: 4:18 min/km

Rank in course/Total: 22 (of 114)

Rank in course/Men: 21 (of 95)

Best time in course: 36:06

Rank in category: 2(of 9)

Best time in the category: 36:22

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	8:55	3:52	2	1:08	18	1:09	2.30	8:55	3:52	2	1:08	53	
Lap 2	3.80	17:51	4:41	3	2:58	23	3:13	6.10	26:46	4:23	2	4:06	53	
Last lap Finish	3.90	16:16	4:10	2	2:34	20	2:54	10.00	43:02	4:18	2	6:40	21	6:56