



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Lindenlaub, Ralf

Club: Flinke Gerataler  
Number: 229

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 43:34

Speed: 13.77 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 24 (of 114)

Rank in course/Men: 23 (of 95)

Best time in course: 36:06

Rank in category: 3(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.	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	9:18	4:02	5	1:31	24	1:32	2.30	9:18	4:02	3	1:31	51		
Lap 2	3.80	17:46	4:40	2	2:53	22	3:08	6.10	27:04	4:26	3	4:24	51		
Last lap Finish	3.90	16:30	4:13	3	2:48	24	3:08	10.00	43:34	4:21	3	7:12	23	7:28	