



35. Alteburglauf
 Arnstadt / 03.05.2013

Detailed evaluation

Trott, Maik

Club: SV Wandersleben
 Number: 250

Course: 10.00 km
 Hauptlauf

Category:
 Senioren M35 (35-39 Jahre)

Total time: 44:03

Speed: 13.62 km/h
 Running performance: 4:24 min/km

Rank in course/Total: 29 (of 114)

Rank in course/Men: 27 (of 95)

Best time in course: 36:06

Rank in category: 4(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	9:17	4:02	4	1:30	23	1:31	2.30	9:17	4:02	4	1:30	94		
Lap 2	3.80	18:02	4:44	6	3:09	26	3:24	6.10	27:19	4:28	4	4:39	94		
Last lap Finish	3.90	16:44	4:17	4	3:02	29	3:22	10.00	44:03	4:24	4	7:41	27	7:57	