



35. Alteburglauf  
 Arnstadt / 03.05.2013

Detailed evaluation

Schnauß, Markus

Club: Katholische Laufjugend Arnstadt  
 Number: 183

Course: 10.00 km  
 Hauptlauf

Category:  
 Senioren M35 (35-39 Jahre)

Total time: 44:16

Speed: 13.55 km/h  
 Running performance: 4:26 min/km

Rank in course/Total: 30 (of 114)

Rank in course/Men: 28 (of 95)

Best time in course: 36:06

Rank in category: 5(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	8:56	3:53	3	1:09	19	1:10	2.30	8:56	3:53	5	1:09	93	
Lap 2	3.80	17:51	4:41	3	2:58	23	3:13	6.10	26:47	4:23	5	4:07	93	
Last lap Finish	3.90	17:29	4:28	7	3:47	43	4:07	10.00	44:16	4:25	5	7:54	28	8:10