



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

**Weiß, Steffen**

Club: WSV Ilmenau 1908e.v.  
Number: 203

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 44:29

Speed: 13.49 km/h  
Running performance: 4:27 min/km

Rank in course/Total: 31 (of 114)

Rank in course/Men: 29 (of 95)

Best time in course: 36:06

Rank in category: 4(of 13)

Best time in the category: 42:35

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	9:49	4:16	4	0:39	37	2:03	2.30	9:49	4:16	3	0:31	50		
Lap 2	3.80	18:17	4:48	4	0:55	33	3:39	6.10	28:06	4:36	4	1:26	92		
Last lap Finish	3.90	16:23	4:12	4	0:34	22	3:01	10.00	44:29	4:26	4	1:54	29	8:23	