



35. Alteburglauf  
Arnstadt / 03.05.2013

Detailed evaluation

Trefflich, Denny

Club: Bittstädt  
Number: 197

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 45:32

Speed: 13.18 km/h  
Running performance: 4:33 min/km

Rank in course/Total: 37 (of 114)

Rank in course/Men: 35 (of 95)

Best time in course: 36:06

Rank in category: 5(of 11)

Best time in the category: 38:19

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	9:19	4:03	3	1:11	26	1:33	2.30	9:19	4:03	5	1:08	86	
Lap 2	3.80	18:48	4:56	5	3:19	37	4:10	6.10	28:07	4:36	5	4:27	86	
Last lap Finish	3.90	17:25	4:27	6	2:46	41	4:03	10.00	45:32	4:33	5	7:13	35	9:26