



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Poppner, Sebastian

Club: WSV Ilmenau 1908 e.V.
Number: 171

Course: 10.00 km
Hauptlauf

Category:
Männer (20-29 Jahre)

Total time: 46:10

Speed: 13.00 km/h
Running performance: 4:37 min/km

Rank in course/Total: 43 (of 114)

Rank in course/Men: 41 (of 95)

Best time in course: 36:06

Rank in category: 8(of 13)

Best time in the category: 36:06

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	9:33	4:09	7	1:47	33	1:47	2.30	9:33	4:09	8	1:47	81	
Lap 2	3.80	19:04	5:01	7	4:11	39	4:26	6.10	28:37	4:41	8	5:58	81	
Last lap Finish	3.90	17:33	4:30	9	4:06	46	4:11	10.00	46:10	4:36	8	10:04	41	10:04